



headspace

Onkaparinga

bingo challenge

<p>Digital Cleanse</p> <p>Spend 20mins to declutter your device. Remove apps that you no longer need.</p>	<p>free choice</p>	<p>TLC</p> <p>Do something nice for yourself</p>	<p>Music For The Soul</p> <p>Create a playlist of feel-good tunes</p>	<p>Stretch</p> <p>Great for calming the mind and healing the body</p>
<p>Stay Connected</p> <p>Catch up with family or friends online</p>	<p>Soak up Some Rays</p> <p>Hello Vitamin D and a healthier body!</p>	<p>New Skills</p> <p>Share something new you have learnt</p>	<p>Arty-Crafty</p> <p>Show us your creations</p>	<p>free choice</p>
<p>TikTok</p> <p>Create a TikTok video</p>	<p>Treat Yo Self</p> <p>Bake something yummy to share</p>	<p>free choice</p>	<p>Book Worm</p> <p>Find a comfy space and have a read</p>	<p>Random Act of Kindness</p> <p>Sometimes it's the little things that count</p>
<p>free choice</p>	<p>Talent Show</p> <p>Show us your special talent</p>	<p>Mindful Moments</p> <p>Sip your fav hot drink and notice the smell, sensation and flavours</p>	<p>Fitness Fun</p> <p>Show us your favourite way to workout</p>	<p>Furry Friends</p> <p>Chill out with your pet: play, cuddle, walk</p>
<p>Master Chef</p> <p>Prepare a meal with ingredients in your home</p>	<p>Meditation</p> <p>Unleash your inner-zen with apps like Smiling Mind or Headspace</p>	<p>At One With Nature</p> <p>Show us your favourite outdoor activity</p>	<p>free choice</p>	<p>Bucket List</p> <p>Create a list of goals, dreams and life-experiences you would like to achieve</p>