

Mental Health Week **BINGO!**



These Bingo activities are designed to be flexible!

We all appreciate different things and live different lifestyles, so there's no right or wrong way to play.

- Choose between the **Standard Bingo** (25 squares) or **Mini Bingo** (9 squares).
- Complete as many squares as you like, in any order, and at your own pace. There's no time limit!
- You can do the activities on your own or make it a group activity with friends, family or other people in your life.

When you've finished...

Start again! Building these actions into everyday life can support your wellbeing.

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Let someone know you appreciate them, and why!	Try a new hobby or activity, or start learning a new skill.	Give yourself a compliment... and actually mean it!	Get outside for a bit of fresh air, or open a window to let in the breeze.	Have some quiet time! Do a puzzle, play a game, or read a book.
Listen to a playlist, podcast, or album that makes you feel good!	Revisit an old favourite song, movie, or book.	Share something that you're proud of with someone.	Make yourself laugh! Watch a funny video, recall a silly memory...	Rearrange, declutter, or add some new décor to your space.
Treat your senses to a nice taste, smell, sound, feeling, or sight.	Play a game, solo or with others! Cards, board game, mobile, console...		Find <u>five</u> things around you right now that you're grateful for.	Share a passing smile or quick chat with a stranger.
Spend some time chilling in a space where you feel comfy, or visit a place you love.	Watch the sky for five minutes! Clouds, stars, sun, fog...	Get creative! Write, draw, build, dance, bake, paint...	Let yourself do absolutely <u>nothing</u> for ten minutes!	Have a chat with someone you care about!
Do one thing today that your future self will appreciate.	Treat yourself to a favourite drink or snack, and enjoy it without rushing!	Recharge your energy with some fresh air, stretches, or a short walk.	If you're scrolling online, find <u>three</u> positive things!	Spend some time with the people, pets, or community who matter to you!

MINI

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Let someone know you appreciate them, and why!

Try a new hobby or activity, or start learning a new skill.

Have some quiet time! Do a puzzle, play a game, or read a book.

Give yourself a compliment... and actually mean it!



Find five things around you right now that you're grateful for.

Spend some time chilling in a space where you feel comfy, or visit a place you love.

Recharge your energy with some fresh air, stretches, or a short walk.

Spend some time with the people, pets, or community who matter to you!