

WELL-BEING IMPROVING BINGO



Do a random act of kindness	Have a cuppa	Make a thank you card	Organise your bedroom	Make a plan to meet a friend
Watch a funny film	Tell someone you love them	Tell a joke	Have a picnic	Listen to the radio
Take 10 deep breaths	Smile (a lot !!!)	Forgive someone who hurt you	Walk a dog	Call a friend for a catch up
Go for a walk	Have a long bath	Have a quick shower	Go out for your favourite coffee	Dance to your favourite music
Put fresh sheets on your bed	Stroke your pet (or someone else's)	Meditate	Go for a bike ride	Read a book

HOW TO PLAY

Cross off the bingo squares when you have tried one of these quick well-being improving activities! They are all chosen specifically to be quick, accessible and can largely be done independently. Add your score in the box for the day. Well done on trying to make positive changes!

Try these suggestions too when you are looking to step it up a bit: savour every happy experience you have had so far. Let Go of Anger, Resentment or Bitterness.

