



# April Wellbeing Bingo

**How to play:** Tick off each action as you go, celebrate completing a line (or a full house) and notice how you feel along the way.

**What small action will you take today?**

RENEW & RESET				
Visualise how you'd like to end the month	Declutter 1 drawer	Notice something that's going well	Drink more water	Notice an improvement
Take 3 slow breaths	Message someone you value	Refresh your space	Give yourself a compliment	Go for a walk
Set an intention for the day	Do something energising	Make plans for spring / summer	Have an early night	Arrange to meet a friend
Put your phone away for 1 hour	Celebrate a small win	Spend 5 minutes outside	Do one small life admin task	Give a compliment
Ask someone "What's Been Good?"	Try something new	Smile at someone	Do something joyful	Celebrate your bingo success
Positive Thoughts   Positive Actions   Positive Interactions				