



# May 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?**

ENERGY BOOST				
Set a new goal	Listen to a motivational podcast	Go for a walk with a friend	Do something fun	Connect with someone positive
Eat something nourishing	Watch something funny	Stand or sit in the sunshine	Write down 3 good things	Tick off one small task
Plan how you will achieve your goal	Listen to some upbeat music	Set an intention for the week	Tidy your workspace	Visualise a high energy you
Do some stretches	Share your goal with someone supportive	Step outside at lunchtime	Take the next step towards a goal	Reduce caffeine after 2pm
Dance	Prioritise sleep	Notice and celebrate a small win	Take 5 deep breaths	Celebrate your bingo success
Positive Thoughts   Positive Actions   Positive Interactions				