



July 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?

CONNECT & THRIVE				
Arrange to meet a friend	Spend time in nature	Notice something that made you smile	Call someone you value	Watch a sunset
Reflect on a happy memory	Ask someone What's been good?	Visit somewhere new	Show someone in your life you appreciate them	Give a genuine compliment
Enjoy a picnic	List 3 things going well	Say thank you to someone	Put your phone away for an hour	Notice a moment of joy
Share a positive memory	Take a photo of something beautiful	Celebrate a small win	Check in with someone	Listen to your favourite music
Think of something you're looking forward to	Do something playful	Speak to someone new	Make time for a hobby	Invite someone for a walk
Positive Thoughts Positive Actions Positive Interactions				