

# How to Play Wellbeing Bingo Challenge:

1. Print your Wellbeing Bingo card, which includes a variety of daily activities.
2. Complete one activity each day and mark off the corresponding square.
3. Choose activities in any order, aiming to complete as many as possible over 5 weeks.
4. Each day, choose a new activity to complete.
5. To win, complete a full row, column, diagonal, or fill the entire card.
6. Once you achieve Bingo, take a moment to celebrate your progress and the positive impact on your wellbeing.
7. At the end of the challenge, reflect on how the activities made you feel and share your experience to inspire others.
8. You can play solo or invite work colleagues, family, and friends to join for a fun, supportive experience!



Enjoy prioritising  
your wellbeing, one  
activity at a  
time!

# Wellbeing Bingo

5 Weeks of Wellbeing Activities

Call a loved one you haven't spoken to in a while	Eat one meal slowly, focusing on the taste, texture, and sensations of each bite	Make a list of things you're proud of accomplishing	Drink 8 glasses of water during the day	Write down three things you're grateful for	Meditate for 10 minutes	Spend time playing with your pet or take care of a plant
Dance to your favorite song	Listen to calming music for 30 minutes	Plan and get 8 hours of sleep	Make a list of things that make you happy	Take a social media break for a day	Declutter one area of your home to reduce distractions and cultivate a sense of calm	Cook a healthy meal from scratch
Spend 30 minutes in nature observing the sights and sounds around you	Write a letter to your future self sharing your hopes and dreams	Do a random act of kindness for someone	Explore a new culture through its traditions, food, or history to broaden your perspective	Plan a weekend activity that makes you happy	Practice positive affirmations	Forgive yourself and others to release emotional burden and invite personal growth
Set an intention for the day and reflect on it	Practice deep breathing for 5 minutes	Practice yoga for relaxation	Go for a 30-minute walk outside	Write a list of affirmations for self-love	Visit a new place in your neighborhood	Practice yoga for relaxation
Watch a feel-good movie	Start a gratitude jar, adding positive moments daily	Watch an inspiring documentary or TED talk	Compliment someone's actions, ideas, or style to brighten their day	Spend Time with Loved Ones	Make a difference by volunteering or helping someone in need	Take a walk and see how many different flower species you can spot