

# Feel Good Bingo



See what you can do to get BINGO.

Do one of the actions on the board and colour in the square.

Try for a line, a T, a square, a full card or any other pattern you want.

Smile at Someone	Read	Take a walk	Talk to Someone	Laugh out loud
Draw / Colour	Big Smile	call a friend	Be Kind to someone	Take a bath
Silly Dance	Compliment yourself		1 minute breathing	Jump up and down
Screen time	Cuddle	Share a Joke	Exercise	Play a game
Be Helpful	Yummy Snack	Comfy Rest	Compliment someone	Big Stretch

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Run in place	Play with Play-Doh	Hop around	Talk in a Silly voice	Balance on 1 leg
Play a Game	Baking / cooking	Be helpful	10 sit ups	Wear comfy clothing
Talk to someone	Tell a joke		Play with favourite toy	Silly Dance
Yummy Snack	10 push ups	Somersault / roll around	Talk to a Friend	Listen to Music
Big Stretch	Be Kind	Make up a song	Jumping Jacks	Bubble Bath


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Jump up and down				Big Laugh
	Big Smile			
Talk to someone			Be helpful	
		Listen to Music		Take a walk
Jumping Jacks			Compliment someone	


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See what you can do to get BINGO.

Write down things that make you feel good. Do one of the actions on the board and colour in the square.

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