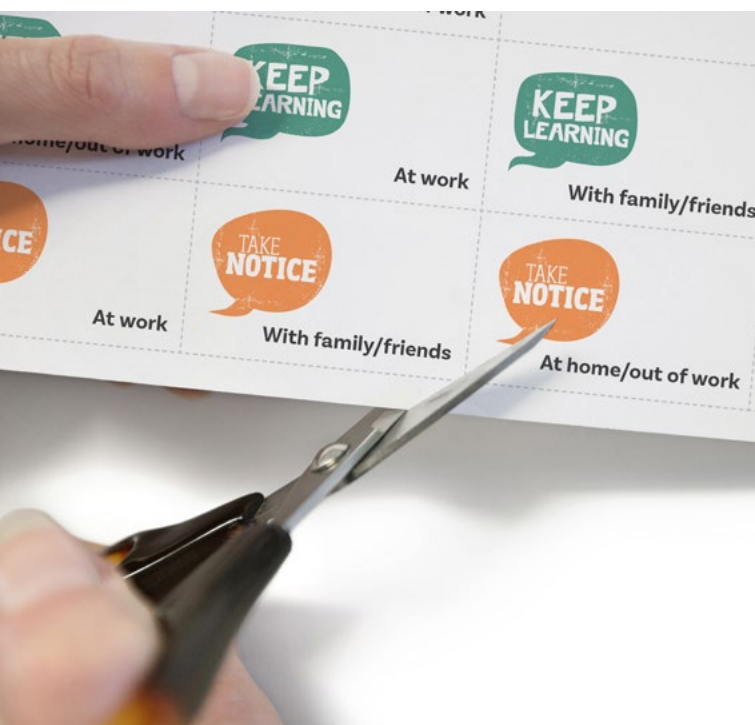


08 Tool

‘Wellbeing bingo’ team game

Wellbeing Bingo offers an opportunity to show that mental wellbeing is something to look after, to talk about, and is easy to do each day. Playing this game will help your team practice three of the Five Ways to Wellbeing – Connect, Keep Learning and Take Notice. This activity works well for team building, social events and as a warm up exercise or ice breaker.



Getting ready:

This game is a little different to the usual Bingo. In this version, the players write their own activities on counters that are then used to try and fill the Bingo Card. Instead of reading numbers, the caller calls out one of the Five Ways with a condition (such as **Give At work** or **Keep Learning With family/friends**) and the team or individual must match an activity they have written down, to that square.

This means people are thinking about the activities they do that support their wellbeing, linking them to the Five Ways, and noticing if there are activities that they are missing. To win “Bingo” the player must call out when they have a row finished, and tell the caller and the room what their different Five Ways activities are. This also helps people share ideas with each other about how they practice the Five Ways in their daily activities.

Before the event, print the Bingo Cards & Five Ways Counters.

Equipment:

- **Four Bingo Cards (each has a different layout):** Caller will need to cut one card up and place in a bag so they can randomly call out the spaces.
- **Five Ways Counters (these come in sheets and need to be cut up):** Each person or team should get four of each of the Five Ways – 20 counters in all – to write their activities on.
- **Five Ways to Wellbeing promotional materials** and **Five Ways information sheets**

Instructions:

(Full version – can be played in teams or individually)

1. If this is the first-time people have heard of the Five Ways to Wellbeing, tell them about the Five Ways (for example, using the Five Ways information sheets in this toolkit). Emphasise that it is the small things that you do each day, not just big activities. Give some examples to help others to brainstorm.
2. Ask everyone to write down activities they have done that fit with each of the Five Ways on the counters (one activity per counter). You can set a time limit to make this more competitive, and get people to think on their feet.

NOTE: Do not ask your team to specify if their activities are at work, or on their own, those specifics will come later.

Examples of what people might like to write include:

- Walk to work – write this on a **BE ACTIVE** card.
- Volunteered at a school or coached a sports team – write this on the **GIVE** card.
- Listened to the birds – write this on the **TAKE NOTICE** card.
- Learnt the new IT system – write this on the **KEEP LEARNING** card.

3. Once each team has written their activities on their counters the goal is to match a counter to the square the caller calls out (e.g. If “Be Active – at work” is called out, teams look for an activity counter they think matches, such as “took the stairs” or “walked at lunchtime”.)

It is up to the teams to decide if the activity fits – they may find they have several.

4. The caller continues picking counters until a team fills a line, or until the board is full. The teams need to yell “Bingo!” when they think they have won.
5. The winning team then reads out the activities they used to reach Bingo.





















(Short Version – can be played in teams or individually)

1. Don’t use the Five Ways Counters.
2. Hand out the Bingo Cards to each person and have people write an activity in a square when it is called (e.g. if “Be Active – at work” is called out, people write down an activity they think fits such as “walked at lunchtime”).
3. Bingo is called if a person can fill a line or their board is full.
4. The winner needs to say what activities they wrote, to win the game.

BINGO CARD 01

 <p>Give</p>	<p>At home/out of work</p>	 <p>Give</p>	<p>At home/out of work</p>	 <p>Give</p>	<p>At work</p>	 <p>Give</p>	<p>With family/friends</p>
 <p>BE ACTIVE</p>	<p>With family/friends</p>	 <p>BE ACTIVE</p>	 <p>BE ACTIVE</p>	 <p>BE ACTIVE</p>	<p>At work</p>	 <p>BE ACTIVE</p>	<p>At home/out of work</p>
 <p>CONNECT</p>	<p>With family/friends</p>	 <p>CONNECT</p>	<p>At home/out of work</p>	 <p>CONNECT</p>	<p>At work</p>	 <p>CONNECT</p>	<p>At work</p>
 <p>KEEP LEARNING</p>	<p>At home/out of work</p>	 <p>KEEP LEARNING</p>	<p>At work</p>	 <p>KEEP LEARNING</p>	<p>With family/friends</p>	 <p>KEEP LEARNING</p>	
 <p>TAKE NOTICE</p>	<p>At work</p>	 <p>TAKE NOTICE</p>	<p>With family/friends</p>	 <p>TAKE NOTICE</p>	<p>At home/out of work</p>	 <p>TAKE NOTICE</p>	





















BINGO CARD 02

 <p>Give</p>	<p>With family/friends</p>	 <p>Give</p>	<p>At home/out of work</p>	 <p>Give</p>	<p>At work</p>	 <p>Give</p>	<p>At work</p>
 <p>BE ACTIVE</p>	<p>At home/out of work</p>	 <p>BE ACTIVE</p>	<p>With family/friends</p>	 <p>BE ACTIVE</p>	<p>At work</p>	 <p>BE ACTIVE</p>	<p>At work</p>
 <p>CONNECT</p>	<p>At work</p>	 <p>CONNECT</p>	<p>With family/friends</p>	 <p>CONNECT</p>	<p>At home/out of work</p>	 <p>CONNECT</p>	<p>At work</p>
 <p>KEEP LEARNING</p>		 <p>KEEP LEARNING</p>	<p>At home/out of work</p>	 <p>KEEP LEARNING</p>	<p>At work</p>	 <p>KEEP LEARNING</p>	<p>With family/friends</p>
 <p>TAKE NOTICE</p>		 <p>TAKE NOTICE</p>	<p>At work</p>	 <p>TAKE NOTICE</p>	<p>With family/friends</p>	 <p>TAKE NOTICE</p>	<p>At home/out of work</p>

BINGO CARD 03

 <p>Give</p>	<p>At work</p>	 <p>Give</p>	<p>With family/friends</p>	 <p>Give</p>	<p>At home/out of work</p>	 <p>Give</p>	<p>At home/out of work</p>
 <p>BE ACTIVE</p>	<p>At work</p>	 <p>BE ACTIVE</p>	<p>At home/out of work</p>	 <p>BE ACTIVE</p>	<p>With family/friends</p>	 <p>BE ACTIVE</p>	
 <p>CONNECT</p>	<p>At work</p>	 <p>CONNECT</p>	<p>At work</p>	 <p>CONNECT</p>	<p>With family/friends</p>	 <p>CONNECT</p>	<p>At home/out of work</p>
 <p>KEEP LEARNING</p>	<p>With family/friends</p>	 <p>KEEP LEARNING</p>	<p>At work</p>	 <p>KEEP LEARNING</p>	<p>At home/out of work</p>	 <p>KEEP LEARNING</p>	<p>At work</p>
 <p>TAKE NOTICE</p>	<p>At home/out of work</p>	 <p>TAKE NOTICE</p>		 <p>TAKE NOTICE</p>	<p>At work</p>	 <p>TAKE NOTICE</p>	<p>With family/friends</p>

BINGO CARD 04

 <p>At home/out of work</p>	 <p>At work</p>	 <p>With family/friends</p>	 <p>With family/friends</p>
 <p>At home/out of work</p>	 <p>At work</p>	 <p>At home/out of work</p>	 <p>With family/friends</p>
 <p>At home/out of work</p>	 <p>At work</p>	 <p>At work</p>	 <p>With family/friends</p>
 <p>At work</p>	 <p>With family/friends</p>	 <p>At work</p>	 <p>At home/out of work</p>
 <p>With family/friends</p>	 <p>At home/out of work</p>	 <p>At work</p>	 <p>At work</p>

BINGO COUNTERS

