healthy headspace bingo

Small steps can build big things.

No matter what young people are going through, bringing in some healthy, simple practices to their day-to-day life can make a big difference to their mental health and wellbeing.

Hosting your event

1 Set up a zoom session and invite participants to a specific session or let people register (max 10 people).

2 Email a bingo card to each participant before you start (10 bingo cards provided).

3 Host your event online.

4 You can use Google's 'random number generator' to generate the bingo numbers.

    a. Simply set the minimum number to 1 and the maximum number to 30.

    b. Hit 'generate' and go, repeat until someone has a line or full card.

    c. Remember, write down the numbers that have been called so you can cross-check them when a winner is announced.

5 Award a prize to the winner.

Other suggestions

- Why not inject some fun by setting a theme, and dress up - favourite chef, sport star or musician.

- Keep things light and fun by asking people who they are dressed as or by sharing some short 30 second bingo videos from YouTube to break things up.

- Ask people to demonstrate some of the healthy headspace actions that are on the bingo cards.

- Ask people to have a noise or action that they need to make when they get a 'number'.

- Encourage people to keep their videos on and use the reactions and chat to get involved. Stay noisy.

- Take some photos to share on your social channels.

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12 Have a screen free hour	**9** Help someone	**15** Meditate before bed	**28** Ditch public transport, cycle or walk
25 Take 10 deep breaths	**21** Read a book	**16** Connect with a friend	**7** Listen to a podcast
6 Cook for your family or friends	**13** Try a standing desk	**4** Get active	**20** Teach your pet a trick
22 Grow some veggies	**3** Compliment someone	**10** Try an online workout	**23** Walk around the block

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1 Get outdoors	**22** Grow some veggies	**10** Try an online workout	**27** Connect with a different friend each day
30 Try some yoga	**15** Meditate before bed	**6** Cook for your family or friends	**21** Read a book
17 Download a mindfulness app	**9** Help someone	**13** Try a standing desk	**24** No caffeine after lunch
23 Walk around the block	**12** Have a screen free hour	**16** Connect with a friend	**8** Write down your worries

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16 **Connect with a friend**	**30** **Try some yoga**	**1** **Get outdoors**	**27** **Connect with a different friend each day**
29 **Watch a movie**	**18** **Learn something new**	**17** **Download a mindfulness app**	**5** **Draw or paint something**
19 **Volunteer in your local community**	**13** **Try a standing desk**	**24** **No caffeine after lunch**	**8** **Write down your worries**
14 **Explore your local community**	**26** **Aim for 10,000 steps per day**	**2** **Create a new playlist**	**11** **Play a game**

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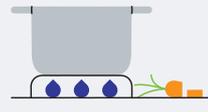headspace.org.au/smallsteps**

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