


Social Bingo



Encourage your family, friends or colleagues to get involved in social activities and aim for BINGO!

Simply complete five tasks in a row, in any direction; horizontally, vertically or diagonally.

Feeling adventurous? Try to tick off every activity! (Treat the middle square as completed).

Ask someone how their day has been	Go to a trivia night	Try a group fitness class	Play a board game with friends or family	Go to an Open Day for an activity or group
Walk around your local farmer's market	Invite a co-worker to have lunch with you	Go to a social event at your local library or rec centre	Say hello to someone you pass by on your next walk or run	Invite a friend to try a new activity together
Attend a local community festival	Meet like-minded people at your local parkrun		Join a local community Facebook group	Go to an event promoted on the Activity Finder
Invite a friend to come to your group/club	Volunteer for a cause you're passionate about	Attend a local club/group related to your interests	Ask a co-worker how their weekend was	Call a family member you haven't spoken to in a while
Join a casual sports game that suits your schedule	Go to a live performance with friends/family	Catch up with a friend or family member for a coffee	Help out at a community garden	Strike up a conversation with someone new

For good mental health:
Act – do something!
Belong – do something with someone.
Commit – do something meaningful.