



CHECK-IN BINGO

It is easy to get swept up with our busy days and realise we haven't checked up with the most important person – you!

Either on your own or in a group use our bingo to tick off and see if you have checked on you today! In case you haven't, here is your reminder that it's the little as well as big things that make the difference to your day.

No matter what the day brings, the best we can do is focus on what is in our control!

Told a trusted person something you have been worried about going through alone



Shared a funny story

Stretched your body

Tidied your room or home



Had a chat with a friend

Spent time in the outdoors



Given a loved one a compliment



Read a few pages or more of a book you find interesting

Make plans for a fun day out with a loved one

Done a form of exercise

Listened to a song that reminds you of a happy memory

Listened to your favourite songs



TICK OFF AND SEE IF YOU HAVE CHECKED ON YOU TODAY!

