

# Social Connections Bingo

**Goal: Encourage social connection through common activities**

Time to play Bingo! Share this activity with family and friends and invite them to play with you. Share your progress along the way! The more connected you are, the healthier you will be!

To get BINGO mark the box of the activity you did (use stickers, color it in, cross it out – whatever you would like). Once you have 5 boxes marked in a row (horizontal, vertical, diagonal) you have BINGO! Congratulations!

Pick one or two of the activities and reflect on them.

- Were you uncomfortable with it?
- How did it go?
- How did you feel when you completed the activity?
- How can you incorporate that activity into your daily life?

B	I	N	G	O
Take a walk and say hello to someone new	Deep breathe and picture someone you are grateful for	Try a new hobby & tell someone about it	Wave to your neighbor	Try learning a new skill and sharing it with someone
Create a daily affirmation for yourself	Volunteer	Smile at a stranger	Have a picnic with family/friends	Have a family/friend game night
Talk to someone younger than you and ask them about a current event that is important to them	List 2 people you would like to know better and reach out	<b>FREE SQUARE</b>	Connect with an older adult in your life	Cook a new recipe with others (in-person or virtually)
Write a letter to a family member or friend	Have a meal with a friend	Call an old friend	List 4 people you are thankful for and tell them	Find one person that has the same hobby as you
Experience nature: go for a hike, bike ride, camping, etc	Give a compliment	Try a new food and tell someone about it	Invite someone to have dessert with (in person or virtual)	Send an encouraging text message