



2025 TR MONTH *bingo*

Take some time for your recreation and leisure this month!
Try for a black out!

Ways to use the 2025 TR Month Bingo

- Hand sheets out to other departments
 - Have a contest to see which department can get the most black outs
 - Use recreation/leisure based prizes, and include a note attached about the benefits of the prize
- Share with your friends and family members
 - Support each other in completing the whole sheet
- Share on your social media and challenge followers to complete their own bingo sheet
- Use with your clients/patients
 - Support them in completing activities





2025 TR MONTH *bingo*

Take some time for your recreation and leisure this month!
Try for a black out!

Read a book or listen to an audio book	Take a nap	Step outside and take a breath of fresh air	Call a friend or family member just 'cause	Sing along to a song (in private or with others)
Check out a free community activity	Bake something (it doesn't have to be from scratch!)	Watch a YouTube video on something interesting	Journal. It can be 1 sentence, or many pages.	Ask a someone to tell you about their pet(s)
Text someone a funny joke	Take a 24 hour social media break	TR Month	Draw a self-portrait with your non-dominant hand	Get outside and spot as many birds as you can
Watch your favourite movie/tv show	Move your body in a way that feels good	Leave work/school on time	Dance for 1 minute like you're an 80s aerobics instructor	Give someone a compliment for something random
Lean into being bored ... it's not always a bad thing	Make a "dance like nobody's watching" playlist	Find out something new about a co-worker or classmate	Water a plant, and drink some water yourself	Do something messy