

# Happiness Bingo

## (Creative activity ideas for classrooms)

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| Choose a nursing home, or a sister school in another country and write a letter to them, tell them all the best things in your life! Your favourite things to do, and tell them all about the people you care about. | Make a gratitude well, where everyone has to write something kind about a different person in their class each day, then at the end of the week give all the comments to the people who they are for. | Play a movie in your head. Everyone lies or sit still with eyes closed. Turn on the imaginary theatre screen in your head and play a movie on that screen about your perfect day. Pay attention to smells, tastes, and colours! | Create a collaborative artwork. Divide a poster of a favourite artwork up so each child gets one piece, then get them to recreate that piece on a larger paper. Join it together like a jigsaw puzzle to see the end result. |
| Sit outside for 10 minutes with your eyes closed and listen to everything you can hear. See how many noises you can remember after 10 minutes of listening.                                                          | Play the Kindness Game.                                                                                                                                                                               | Make a gratitude tree. A fallen branch from the garden works well. Each day kids can write something they are grateful for and tie it to the tree.                                                                              | Make a list of places you would love to visit. Look them up and find photos of them and stick them into a large mural of travelling dreams!                                                                                  |
| Have a clay day. Everyone gets their own lump of clay, and just squeeze it and play with it while listening to soft music.                                                                                           | Sit on the floor quietly and try to send an imaginary happiness rainbow to someone else without moving or talking.                                                                                    | Indulge in laughter. Sit in a circle and laugh- even if you have to fake it – soon enough you'll be laughing for real!                                                                                                          | Have a class nap. Lie on the floor, and play some soft music for 10 minutes.                                                                                                                                                 |
| Paint rocks and leave them in the garden for people to find.                                                                                                                                                         | Awards Day! Choose an award for every member of the class and celebrate what they are good at.                                                                                                        | Do the butterfly breathing activity!                                                                                                                                                                                            | Collect leaves from the garden and sort them into colours OR draw autumn leaves on to paper and sort them into colours.                                                                                                      |



# Happiness Bingo

## (Creative activity ideas for families)

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| Go for a walk as a family and find something beautiful (a flower, a puppy, a smiling person, the blue sky, sunshine) When you get home list as many beautiful things as you can remember. | Make a gratitude well, where every member of the family can leave gratitude notes for each other.                                                        | Play the Kindness game.                                                                                | Have a mindfulness moment, everyone say what they can hear, what they can smell, what they can see and what they can feel by touch in that moment. |
| Step outside your comfort zone. Do something together that scares you.                                                                                                                    | Have a family night where you make your own family bingo!!                                                                                               | Have a family date night – do anything you want to do, screen free!                                    | Take a smiling family selfie.                                                                                                                      |
| Eat dinner together as a family and talk about your day.                                                                                                                                  | Start a family journal and at the end of every week everyone chooses their favourite thing that happened to them in that week and add it to the journal. | Draw a picture together as a family.                                                                   | Have a dance off! Turn the music on and see who can be the most creative with their dance moves.                                                   |
| Paint rocks and leave them in the garden for people to find.                                                                                                                              | Awards night! Choose an award for every person in the family, celebrating what they are good at.                                                         | Everyone sit still for a minute and try sending love to your family members without moving or talking. | Make a list of all the places you would love to visit as a family, print off pictures and make a dream travel journal.                             |



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