

Happiness Bingo

(Creative activity ideas for families)

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.

