



Beat the Blues Bingo!

Monday 18th January is 'Blue Monday' - officially the most miserable day of the year. Let's combat that with a fun game of wellbeing bingo - try some new things and find out what makes you happy!

If you're supported by Style Acre and complete a row - send your sheet back to community@styleacre.org.uk and you might win a prize!

GROW ↓	NOURISH ↓	MOVE ↓	CREATE ↓	CONNECT ↓



Beat the Blues Bingo!

Here are the descriptions for each picture - you can either tick them off on here or on the picture version!

The following few pages have some ideas of ways to achieve each activity but there are no set rules, it's just about trying new things and having some fun!

There is a sheet with both versions on together at the end of this pack.

GROW ↓	NOURISH ↓	MOVE ↓	CREATE ↓	CONNECT ↓
Plant a tree	Cook something blue	Join a Stridekick challenge	Make something from wool	Call somebody you haven't spoken to for a long time
Choose 3 things to grow in your veg trug this spring	Eat a rainbow one day	Try a new sport or activity	Draw an animal	Make/bake a gift for somebody
Grow an avocado tree!	Make a green soup	Learn more about a sport beginning with B	Paint a portrait	Sing a song with somebody
Learn how to play a tune	Bake something with bananas	Go somewhere new and notice five things that you see	Learn a new song	Make a cake with a housemate, family member or member of staff
Make a flower arrangement	Drink eight glasses of water every day	Set yourself a daily steps goal and stick to it for a week	Dance for fifteen minutes non stop	Make a new friend

Tick them as you complete them, and contact Anita Powell via Workplace Chat (or email apowell@styleacre.org.uk) as soon as you've got a line!

GROW

Plant a tree



Planting a tree will make a big difference to the world we live in, and it is a great way to remember loved ones who may be far away, or no longer with us. The Woodland Trust has some great advice on planting trees, and Sarah Griffiths will also be able to give you some suggestions. If you don't have much space, plant a bonsai tree! Or you can virtually plant a tree as a gift to somebody, or yourself at www.treedom.net/en



Choose three things to grow in your veg trug next spring

There are so many possibilities! Think about what vegetables you like cooking with and eating - do you like salad? Tomatoes? Courgettes? Contact Sarah Griffiths if you would like some ideas!



Grow an avocado tree!



All you need is some toothpicks and a glass of water to begin growing an avocado tree from a stone. Pop the glass in a sunny spot and watch to see if it sprouts! There are loads of articles and videos online to give you instructions and tips.



Learn how to play a tune

Maybe you can already play an instrument, like a keyboard, guitar or recorder. Now is the time to learn a new tune to play! Or maybe it's time to take up a new instrument - the kazoo is very easy to learn!



Make a flower arrangement



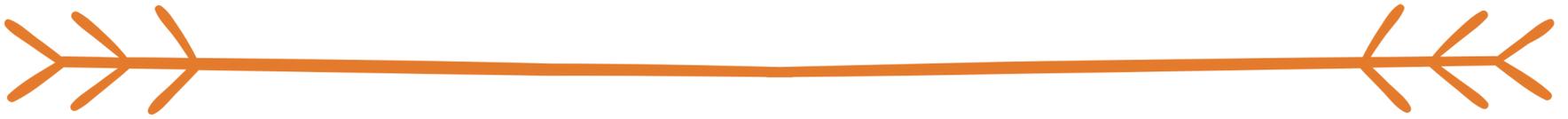
Do something pretty with flowers! Perhaps it's just arranging a few snowdrops in a little vase, or find as many colourful flowers as you can and make something spectacular. Do whatever makes you happy!

NOURISH



Cook something blue

Blue soup anyone?! What could you make that is a blue colour? Blueberry crumble? Blue blancmange? Get creative!



Eat a rainbow one day

Can you eat foods of all the colours of the rainbow one day (or every day!) Find some interesting info about the nutrients in different coloured foods here: <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/5-a-day/colourful-foods>



Make a green soup



Pea soup, Broccoli and Stilton., Leek & Potato...what is your favourite green coloured soup?



Bake something with bananas

Banana bread is so comforting and delicious, but there are other things you can bake with bananas too! Share your favourite recipes with us all!



Drink eight glasses of water a day



Staying hydrated is crucial to keep the body and mind healthy. Can you drink 8 glasses a day? Maybe find your favourite glass or bottle to make it more fun!

MOVE

Join a Stridekick Challenge



Stridekick is a free and easy to use app you can use to set yourself health challenges - you can either join an existing one or set up your own challenge with up to ten friends. There are challenges linked to your daily steps, how many minutes you move, and other things like healthy eating. Try it out - we might do a big Style Acre challenge if you all like it!

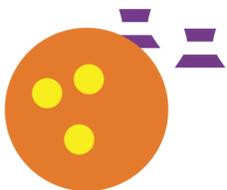


Try a new sport or activity

As you'll know if you joined in the Living Room Olympics last November, there are plenty of activities you can do at home! It could be a traditional sport like cricket in your garden, table tennis in your house or zumba in your living room. Or it could be a bread and buttering competition, figure hoovering, or sock throwing! Other ideas that are easy to try at the moment include darts, yoga, jogging, cycling. I'm sure lots of you have other ideas too, please share them, and if there's any equipment or help you need, do a shout out on Workplace to see if anybody can help you.



Learn more about a sport beginning with B



Even if you don't fancy trying a new sport, or can't at the moment, you could learn a bit more about a new sport. What are the rules? Can you find pictures online? Who are the best players in the world?

Sports beginning with B include badminton, basketball, bowling, billiards, bobsleigh....



Go somewhere new and notice five things that you see

Changing your scenery, and noticing the things around you is great for boosting mental health. Go somewhere you haven't been before, even if it just a street close to where you live that you haven't explored before. What can you see, smell, hear?



Set yourself a daily steps/activity goal and stick to it for a week

Sometimes it can be hard to stick at something - set yourself a target of how many steps you would like to do a day, or how many minutes you are active/outside, or how far you would like to cycle, it's up to you! Just make sure you stick at it for at least a week!

CREATE



Make something from wool

Let's make pom-poms! What could be more fun than decorating your house in colourful pom-pom garlands!

You could use cardboard, a pom-pom maker or just your hand

<https://www.woolandthegang.com/blog/2014/05/3-minute-pom-pom/>



Draw an animal

How about a pug?! You can find a wonderfully simple pdf showing how to draw a pug here, by Sarah McIntyre, an illustrator:

http://www.jabberworks.co.uk/journal/wp-content/uploads/2015/05/pugs_draw_a_pug.pdf



Feel free to draw any animal you like though!



Paint a portrait



Who would you like to try to capture on paper? You could use a photograph to draw a portrait of somebody you know, or somebody famous. Be as abstract as you like!



Learn a new song

Is there a song that you love to sing along to but you forget some of the words? See if you can learn it word by word!



Dance for fifteen minutes non stop



Dancing is so good for you both physically and mentally! Put on some music that you love and have a good old boogie. It'll make you feel great!

CONNECT



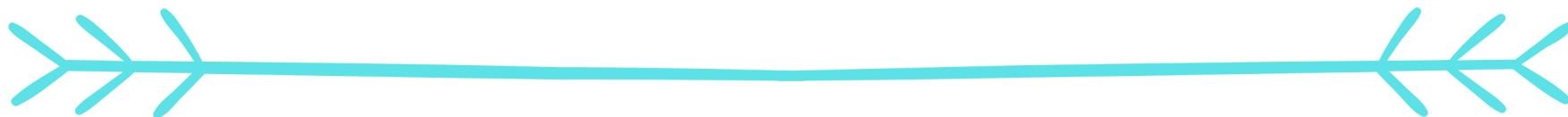
Call somebody you haven't spoken to for a long time

Is there an old friend that you think of often but never manage to pick up the phone for a chat. Carve out some time, and surprise them with a phone call. You'll make their day.



Make/bake a gift for someone

Homemade gifts are so memorable! Surprise somebody with a present made by you - it could be something edible or a picture, a bookmark, an ornament or whatever you think they would like!



Sing a song with somebody



Singing together is a brilliant way to connect. Can you sing a song with somebody either in your household, or arrange a Zoom call with somebody to sing a song together?



Make a cake with a housemate, family member or member of staff

Cooking or baking together is a lovely way to connect - you're working together to create something delicious, and you could even eat it together afterwards!



Make a new friend

It might seem difficult at the moment, but there are definitely ways to make new friends at the moment! Maybe you could spark a friendship with a pen pal? Or find a buddy who you can link up with via Zoom to share your health journey with - contact Anita if you'd like a buddy as we have some volunteers for this from both inside and outside Style Acre!



Plant a tree	Cook something blue	Join a Stridekick challenge	Make something from wool	Call somebody you haven't spoken to for a long time
Choose 3 things to grow in your veg trug this spring	Eat a rainbow one day	Try a new sport or activity	Draw an animal	Make/bake a gift for somebody
Grow an avocado tree!	Make a green soup	Learn more about a sport beginning with B	Paint a portrait	Sing a song with somebody
Learn how to play a tune	Bake something with bananas	Go somewhere new and notice five things that you see	Learn a new song	Make a cake with a housemate, family member or member of staff
Make a flower arrangement	Drink eight glasses of water every day	Set yourself a daily steps goal and stick to it for a week	Dance for fifteen minutes non stop	Make a new friend