



# 2024 TR MONTH *bingo*

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

## Ways to use the 2024 TR Month Bingo

- Hand sheets out to other departments
  - Have a contest to see which department can get the most black outs
  - Have recreation/leisure based prizes, and have 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

**#UnifiedTR24**





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|   |  |   |   |  |
|---|--|---|---|--|
| Read a book or listen to an audio book                | Have a 2 minute dance party                          | Step outside and take a breath of fresh air           | Call a friend or family member                | 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!) | Plan a fantasy vacation                               | Journal. It can be 1 sentence, or many pages. | Make a mood-based playlist                       |
| Text someone a funny joke                             | Try a new craft                                      | TR<br>Month   | Take a 10 minute "you" break                  | Spend some time with an animal                   |
| Watch your favorite movie/tv show                     | Move your body in a way that feels good              | Leave work/school on time                             | Take a nap                                    | Watch a TedTalk on a topic you find interesting  |
| Lean into being bored ... it's not always a bad thing | Take part in your favourite hobby with someone       | Find out something new about a co-worker or classmate | Water a plant, and drink some water yourself  | Take a 24 hour social media break                |

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