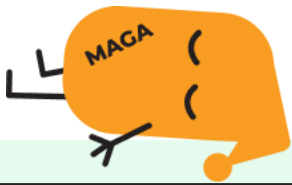




HAPPINESS BINGO

- DO THE FOLLOWING ACTIVITIES WITH YOUR FRIEND
- CROSS OUT THE ONES THAT YOU HAVE ALREADY DONE
- IF YOU HAVE FINISHED ONE ROW, MAKE A PICTURE AND SHARE IT WITH YOUR FRIENDS.
- IF YOU FINISH THE WHOLE BINGO YOU CAN PROUDLY CALL YOURSELF A FRIEND OF MENTAL HEALTH VITAMINS.



Ask them when was the last time they laughed out loud?	How are they doing? How are they REALLY doing?	Give your friend a compliment.	Thank your friend for...	Make a happiness blackboard and write down your long-term dreams and goals.
Tell your friend that it is wonderful that they are...	Think of a good deed to do together.	Have a competition of compliments – how much good can you see in the other?	Call a friend or family member you haven't been in touch with for a long while.	Play a fun game together!
Brainstorm on what you both want to achieve and learn this year.	Send a cute, inspirational or funny video to your friend or partner.	Give 15 minutes of undivided attention to a friend or partner.	Think of something nice to say instead of something critical that you once said or could say.	Do three secret favours to your friend.
Find something really amusing from today's news and share it with a friend.	Come up with dance moves that make you happy.	Try something new that challenges the both of you!	SMILE!	Go for a walk or a run or just spend time in the nature together.
Count all the times you greet someone on "HELLO" day (4.03).	Play and fool around together.	Intentionally make a small mistake and laugh about it together.	Give your friend all of your attention that day.	Write down things to be thankful for together.

With these little deeds, you can make someone's day much better! It is important to notice each other and let them know you are there for them.

