

A MONTH OF BEING BRAVE BINGO!



30 suggestions for a month of trying new things. Whether you complete a row, a column, or the whole grid, these are ideas to help break up the routine and build confidence in yourself.

GOOD LUCK - YOU'VE GOT THIS!

Wear an outfit of just one colour



Go barefoot outside for an hour

Find a geocache



Spend an hour in silence

Follow a YouTube workout



Make food art

Go to something on Eventbrite

Go to parkrun (if you already do parkrun, visit one nearby)

Do something to recognise a national day

Enter a competition



Dine out alone

Learn how to whittle

Listen to a Ted Talk on a topic you know nothing about

Write a haiku and share it online



Leave a compliment on a stranger's social media post



Take a different route to usual

Donate an hour of your time

Send a thank you email for good customer service

Do something active every day for 10 days

Ask a friend for a recipe and cook it

Do a litter pick where you live



Try forest bathing

Try blind contour drawing



Do yoga outdoors

Leave a kind note for a stranger to find



Attend a talk, either in person or online



Contact a radio station

Make something from scratch



Walk a lap of your home village, town or city

Make a recipe from the year you were born

Try drawing a caricature



Take a bus to somewhere local you've never been

Virtually climb a mountain on your stairs



Follow a YouTube meditation video

Find a free class or taster session to attend

Call in on a neighbour you don't know well