

# A MONTH OF LITTLE BRAVE THINGS

# BINGO!



30 suggestions for a month of trying new things.

Whether you complete the corners, a row, a column, or the whole grid, these are ideas to help break up the routine and build confidence in yourself. #LittleBraveThings

GOOD LUCK - YOU'VE GOT THIS!

Wear an outfit of just one colour

Spend an hour in silence; no phone, no TV, no radio.

Make a recipe from the decade you were born

Take a bus to somewhere you've never been

Write a positive quote on a postcard and give it to a stranger

Make food art

Listen to a TED talk on a topic you know nothing about

Enter a competition

Take a portrait photo of someone you love

Use eventbrite to find and attend a local event

Learn how to whittle

Let someone else choose your outfit for a day

Write a haiku and share it online

Listen to a podcast you haven't heard before

Contact a radio station

Attend a talk, either in person or online

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

Walk a lap of your home village, town or city

Phone someone you usually only message

Follow a meditation video on YouTube

Do yoga outdoors

Take yourself for a solo coffee or dinner date

Cook a national dish from another country

Try blind contour drawing

Do 10 consecutive days of 10,000 steps

Do something to recognise a national day

Donate an hour of your time

Send a thank you email for good customer service

Spend a night in an unusual type of accommodation

Start a round of applause after something good

Do a 2 minute litter pick where you live

Find a geocache

Take a different route to usual

Try forest bathing

Find a free class or taster session to attend

Leave a compliment on a stranger's social media post