

Wellbeing Bingo Pack

Who are we?

The Northern Territory Mental Health Coalition (NTMHC) is the peak body for community managed mental health services across the Northern Territory.

We work in collaboration with a broad network made up of organisations, people with lived experience, their families and supporters. As a peak body, the Coalition ensures a strong voice for member organisations and a reference point for governments providing advice on all issues relating to the provision of mental health services in the Northern Territory.

2026 NT Mental Health Week

Occurring in October every year, we support organisations with their efforts to celebrate connection to family, community, culture. It also encourages us to connect with people, places and activities that are good for our wellbeing.

This year's theme of **Small Steps** highlights how small actions can significantly enhance mental health and wellbeing. Activities like taking a walk, making a special meal, or chatting with a friend might seem minor, but their positive effects on social and emotional wellbeing can be substantial. These simple habits also help us in managing stress, improving our mood, and building resilience.

About the Activity

This pack includes a series of self care bingo cards to that can be used to start conversations relating to social and emotional wellbeing. It's a great way to get people thinking about the small and practical things that can kick start a routine, with a focus on looking after ourselves.

We recognise that some of the suggestions we've provided may still feel challenging for some. We hope these suggestions provide inspiration and have you thinking about what your own small steps might look like. You might also think about teaming up with a friend, someone you trust or reaching out to an organisation for additional support.

Wellbeing Bingo

Strengthening our social and emotional wellbeing can start with some simple actions. Pick three activities below and take some **Small Steps** today.



walk on grass with
no shoes on



drink a glass of water



share a story
with a friend



write down three
little wins from today



go for a short walk



eat a piece of fruit



make yourself
(or someone else)
a cup of tea



be device free
for 30 minutes



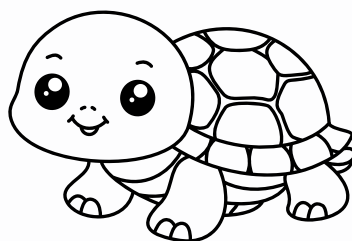
send a kind message to
someone you appreciate

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dance like noone's watching!



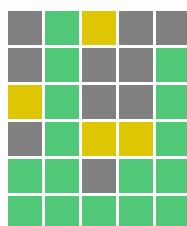
colour in a picture
(start with this one!)



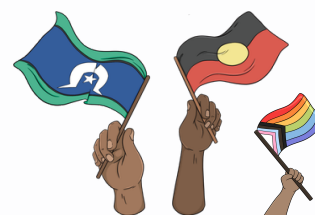
give someone a
genuine compliment



write down three names of
people who inspire you



solve the daily wordle



celebrate your identity



go to bed 10 minutes earlier
to improve your sleep



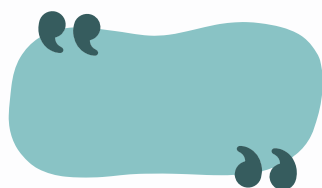
call a friend to have a yarn



create a playlist that
makes you feel good

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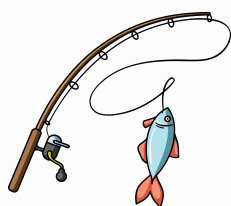
find a quote
that inspires you



talk with an Elder

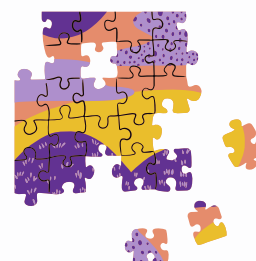


make a plan to go camping
with friends/family



go fishing with a mate

write or draw your own
activity here



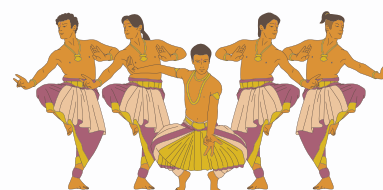
start a jigsaw puzzle



listen to music from
your home country



make an appointment with
a healthcare provider



participate in cultural dance

Brain Bingo

Our brains have 4 “happiness chemicals”: **dopamine**, **serotonin**, **oxytocin** and **endorphin**. They influence our mood and wellbeing! It’s good to do a variety of activities to look after ourselves. Choose an activity from each column to do throughout your day/week and take some **Small Steps** today.



Complete a small task



Have a cold shower



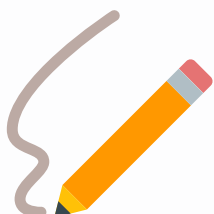
Laugh with someone
you’re close to



Have a 2 minute dance
party



Cook a new
recipe



Spend 5 minutes
journaling about your
day



Tell someone you
appreciate them



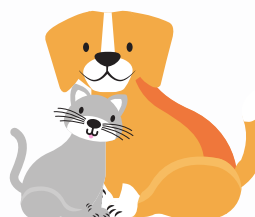
Have a laugh!
Or a cry!



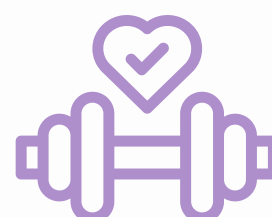
Listen to one of your
favourite songs



Get 15 minutes
of sunshine



Hug or play
with a pet



Move your body to
get your heart rate up

DOPAMINE

SEROTONIN

OXYTOCIN

ENDORPHIN