

Instructions for Carers and Activity Coordinators

This wellbeing bingo activity is designed to gently encourage creativity, connection, and sensory engagement for residents of all abilities. The bingo boards can be used in one-to-one sessions, small groups, or as part of a daily wellbeing routine.

Some of the bingo boards are specially designed for people who are on their dementia journey and may be experiencing reduced mobility, limited verbal communication, or increased sensory needs. These versions focus on gentle, familiar, and sensory-based activities that support comfort, stimulation, and presence in a calm and flexible way.



How to Use:

Invite the resident to choose a square that feels right to them. For non-verbal individuals, gently offer a choice using pictures, objects, or simple gestures.

Support the resident to complete the activity. Some prompts are conversational or creative; others involve movement, sensory experiences, or reminiscence.

Use the bingo board as a tool for connection—there's no pressure to complete it. Even one meaningful moment is valuable.

Residents may wish to tick, colour, or place a sticker on the squares they complete - do so only if this feels enjoyable or accessible to them.

Observe and respond to reactions, especially for those with limited communication. Smiles, relaxed posture, alert eyes, or calmness can all be signs of engagement.

Adapt the activities to meet individual needs:

- Use familiar items (photos, scents, textures)
- Play music or use calming narration
- Offer hand-over-hand support if appropriate
- Keep the environment calm and encouraging
- You can complete a few squares in one session, or return to the board over several days.
- The pace should always be set by the resident's comfort and interest.

Each person can take part in their own way, with your support.

Summer Wellbeing BINGO!



Try a new craft or pick up an old hobby	Have a chat with someone new	Listen to a favourite song
Name three things that made you smile today	Take three deep breaths and stretch your arms	Share a piece of advice you'd give your younger self
Try sitting in a different place with a new view of the room	Sing or hum a familiar tune	Help choose or name ingredients for a snack or meal
Write a list of things you like	Plan something nice you would like to do next week	Try a new flavour or snack



Summer Wellbeing BINGO!



Hold something soft or textured (blanket, soft toy, fabric)	Smell a calming scent (lavender, orange peel, vanilla)	Listen to a gentle tune or familiar song
Touch a leaf or flower (real or artificial)	Massage hands with scented lotion	Sip a favourite warm or cool drink
Look at a photo of something comforting (family, pets, nature)	Feel something warm (heated pad, fluffy socks)	Look at a colourful flower or plant
Be near a window or in the sun for a moment	Feel a breeze from a fan or open window	Be read a short poem or calming words

