

Conversation Starter Bingo

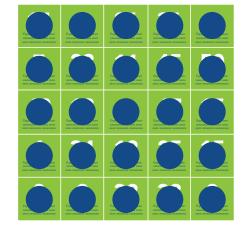
A conversation could change your life. We spend a large proportion of our life at work, and our enjoyment increases when we know and like the people we work with. Here's a little variation on an old favourite, designed to encourage some fun team bonding and getting to know each other better.

Instructions

- **PREPARE:** Print out our Conversation Starter Bingo cards and the list of numbers.
- **DISTRIBUTE:** Hand out one Conversation Bingo card to each staff member.
- **GALL:** 'Call' 1-3 numbers per day. Use the attached tracking sheet so you remember which numbers you've called and which ones are left. For a small workforce, you might put it up on the wall at a pre-determined time each day or, for a large organisation, you might post it on your intranet or email to team leaders.
- **DO:** When staff see/hear the number on their Conversation Bingo card announced, they choose a staff member they haven't already spoken to and ask the question, signing the name of the person they've asked.
- **BINGO!** The objective is to be the first to get one of these patterns on a card and be the first to let you know.

Each time a number is called, staff should talk to different team member

BLACKOUT



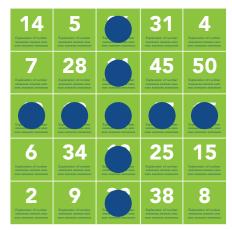
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NOTE: This s an opportunity for staff to get to know each other better, encourage (at least in the beginning before BINGO is possible) your team to take time with questions and answers.



Conversation starter Bingo TRACKING FORM

INSTRUCTIONS: Print this form, choose numbers randomly and announce to the team. Choose how many numbers you want to announce per day (how long do you want it to last?), and how you plan to announce them (think about what will work best for your working environment).

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

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- 2. Once asked, cross out the number and get your colleague to sign their name to that square
- 3. The first person to get their completed form handed in with each square signed by a different team member, WINS!

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What do you do to look after your mental health?	Do I remind you of anyone? Who? Explain?	If you could have any superpower, what would it be and why?	How long have you been working here?	32 When are you most happy?
What's the most interesting thing you've read lately?	What's your best tip for saving money?	What's something you do daily that makes you feel amazing?	What's something you do daily that makes you feel good?	What is my body language telling you right now?
How have your priorities changed in the last year?	What's your happiest memory of this past year?	On a scale of 1-10, how messy do you think my car is?	What's your favourite memory from when you were a kid?	Have you always lived in this city? Where have you lived before?
Do you think the image you have of yourself matches the image people see you as?	What always calms you down when you're really stressed out or upset?	What is one thing you can't live without?	What's your favourite movie?	What did you want to grow up to be, when you were a child?
What do you think is the most fun part of what I do (for a living)?	Show off your best dance moves for 15 seconds	How are you doing today? Like, really doing	45 What was your first job?	What is the most memorable gift you've ever received?



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5. The hist person to get	their completed form han	iaca iii wiiii cacii squaic si	grica by a amerent team i	nember, wirvs:
As a child, what do you think I wanted to be?	What was your favourite thing to do as a child?	On a scale of 1-10, how messy do you think my car is?	What would your younger self not believe about your life today?	Where is your favourite place in the world? Why?
When you're asked how you are, how often do you answer truthfully?	What's something you've done that excited you recently?	What's a compliment a stranger has given you?	What qualities do you think make someone a good friend?	What's your strangest hidden talent/party trick?
How long have you been working here?	What's the first thing you noticed about me?	What's the top thing on your bucket list right now?	What is the most rewarding part of your career?	What makes you laugh out loud?
Do I remind you of anyone? Who? Explain?	What was your first impression of me?	What title would you give this chapter of your life?	When was the last time you surprised yourself? Explain.	What would you do or buy if you had an unlimited budget?
Describe your perfect day!	26 What song normally puts you in a good mood?	How are you doing today? Like, really doing	How have your priorities changed in the last year?	What's something exciting you've done lately?



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3. The first person to get	3. The first person to get their completed form handed in with each square signed by a different team member, whos:			
What's the biggest risk you've ever taken?	What is something people are always surprised to learn about you?	What is my body language telling you right now?	What made you smile today?	What's your favourite movie?
How has a stranger changed your life?	What's something you do daily that makes you feel good?	Do you think the image you have of yourself matches the image people see you as?	What's your favourite thing to eat?	What was your first job?
What is the most memorable gift you've ever received?	32 When are you most happy?	What do you think is the most fun part of what I do (for a living)?	What always calms you down when you're really stressed out or upset?	How are you doing today? Like, really doing
What was your first impression of me?	Have you always lived in this city? Where have you lived before?	Who do you love more than anyone?	What's something exciting you've done lately?	What's your best tip for saving money?
What's the most interesting thing you've read lately?	What is one thing you can't live without?	What's your favourite memory from when you were a kid?	What do you do to look after your mental health?	What's something you do daily that makes you feel amazing?

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How long have you been working here?	What title would you give this chapter of your life?	32 When are you most happy?	What's something you do daily that makes you feel amazing?	What's your favourite memory from when you were a kid?
What do you think is the most fun part of what I do (for a living)?	What made you smile today?	What is one thing you can't live without?	What always calms you down when you're really stressed out or upset?	What was your first job?
What did you want to grow up to be, when you were a child?	What's your favourite thing to eat?	What do you do to look after your mental health?	What's your strangest hidden talent/party trick?	What qualities do you think make someone a good friend?
What's your happiest memory of this past year?	Have you always lived in this city? Where have you lived before?	What would your younger self not believe about your life today?	Describe your perfect day!	What's the biggest risk you've ever taken?
Do I remind you of anyone? Who? Explain?	How are you doing today? Like, really doing	How has a stranger changed your life?	On a scale of 1-10, how messy do you think my car is?	What's something exciting you've done lately?



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What's something you do daily that makes you feel good?	Do you think the image you have of yourself matches the image people see you as?	As a child, what do you think I wanted to be?	What's your strangest hidden talent/party trick?	What's the most interesting thing you've read lately?
What would your younger self not believe about your life today?	What's the biggest risk you've ever taken?	What song normally puts you in a good mood?	Do I remind you of anyone? Who? Explain?	Where is your favourite place in the world? Why?
What's your best tip for saving money?	If you could have any superpower, what would it be and why?	Have you always lived in this city? Where have you lived before?	How have your priorities changed in the last year?	What is the most rewarding part of your career?
What's the top thing on your bucket list right now?	What's your favourite movie?	What's a compliment a stranger has given you?	What is my body language telling you right now?	What would you do or buy if you had an unlimited budget?
What was your favourite thing to do as a child?	What's the first thing you noticed about me?	When was the last time you surprised yourself? Explain.	What's your happiest memory of this past year?	What makes you laugh out loud?

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What's your favourite thing to eat?	What is the most rewarding part of your career?	What qualities do you think make someone a good friend?	What's something you've done that excited you recently?	What's the first thing you noticed about me?
32 When are you most happy?	What was your favourite thing to do as a child?	Where is your favourite place in the world? Why?	What do you do to look after your mental health?	Do you think the image you have of yourself matches the image people see you as?
What's the most interesting thing you've read lately?	What makes you laugh out loud?	What's the top thing on your bucket list right now?	What would your younger self not believe about your life today?	What would you do or buy if you had an unlimited budget?
What's your favourite movie?	How are you doing today? Like, <i>really</i> doing	What do you think is the most fun part of what I do (for a living)?	How has a stranger changed your life?	What was your first job?
What always calms you down when you're really stressed out or upset?	Describe your perfect day!	What's your best tip for saving money?	When was the last time you surprised yourself? Explain.	What did you want to grow up to be, when you were a child?

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Who do you love more than anyone?	What title would you give this chapter of your life?	What is my body language telling you right now?	Do I remind you of anyone? Who? Explain?	If you could have any superpower, what would it be and why?
How have your priorities changed in the last year?	What is one thing you can't live without?	What made you smile today?	What do you do to look after your mental health?	What's your strangest hidden talent/party trick?
What's something exciting you've done lately?	36 What's a compliment a stranger has given you?	What is something people are always surprised to learn about you?	How long have you been working here?	What's something you do daily that makes you feel amazing?
What's your favourite memory from when you were a kid?	Have you always lived in this city? Where have you lived before?	What is the most memorable gift you've ever received?	What's something you do daily that makes you feel good?	What's the biggest risk you've ever taken?
What song normally puts you in a good mood?	As a child, what do you think I wanted to be?	What's your happiest memory of this past year?	On a scale of 1-10, how messy do you think my car is?	What was your first impression of me?

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5. The mat person to get	their completed form har	ded in with each square sign	gried by a different team i	member, wirvs:
What is the most rewarding part of your career?	What is the most memorable gift you've ever received?	What makes you laugh out loud?	How has a stranger changed your life?	Have you always lived in this city? Where have you lived before?
Describe your perfect day!	What would you do or buy if you had an unlimited budget?	What always calms you down when you're really stressed out or upset?	What's something you've done that excited you recently?	What was your favourite thing to do as a child?
What's your favourite memory from when you were a kid?	When was the last time you surprised yourself? Explain.	What was your first impression of me?	How have your priorities changed in the last year?	When you're asked how you are, how often do you answer truthfully?
What's your best tip for saving money?	As a child, what do you think I wanted to be?	What made you smile today?	What would your younger self not believe about your life today?	What do you think is the most fun part of what I do (for a living)?
How are you doing today? Like, really doing	What do you do to look after your mental health?	32 When are you most happy?	What's the most interesting thing you've read lately?	Do you think the image you have of yourself matches the image people see you as?

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What is my body language telling you right now?	What's the top thing on your bucket list right now?	How long have you been working here?	What's something you do daily that makes you feel good?	What did you want to grow up to be, when you were a child?
What's your favourite movie?	What's something you've done that excited you recently?	Describe your perfect day!	What's something you do daily that makes you feel amazing?	What qualities do you think make someone a good friend?
What's your favourite thing to eat?	What would your younger self not believe about your life today?	If you could have any superpower, what would it be and why?	On a scale of 1-10, how messy do you think my car is?	What is one thing you can't live without?
What title would you give this chapter of your life?	45 What was your first job?	What do you think is the most fun part of what I do (for a living)?	What's the first thing you noticed about me?	37 What makes you laugh out loud?
What's your strangest hidden talent/party trick?	36 What's a compliment a stranger has given you?	What's the biggest risk you've ever taken?	26 What song normally puts you in a good mood?	Where is your favourite place in the world? Why?

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Have you always lived in this city? Where have you lived before?	When was the last time you surprised yourself? Explain.	What do you think is the most fun part of what I do (for a living)?	What's something you've done that excited you recently?	How have your priorities changed in the last year?
How are you doing today? Like, really doing	What makes you laugh out loud?	How long have you been working here?	What made you smile today?	What qualities do you think make someone a good friend?
What's your best tip for saving money?	Do you think the image you have of yourself matches the image people see you as?	What is one thing you can't live without?	45 What was your first job?	What is something people are always surprised to learn about you?
What is something people are always surprised to learn about you?	What's something you do daily that makes you feel amazing?	What's your happiest memory of this past year?	Do I remind you of anyone? Who? Explain?	32 When are you most happy?
Where is your favourite place in the world? Why?	What is the most memorable gift you've ever received?	What's the biggest risk you've ever taken?	What's something exciting you've done lately?	What's your strangest hidden talent/party trick?

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Have you always lived in this city? Where have you	If you could have any superpower, what would it	What do you think is the most fun part of what I do	32 When are you most happy?	How have your priorities changed in the last year?
lived before? 2 What's something you've	be and why? S What makes you laugh out	(for a living)? Do you think the image you	15 What made you smile	What qualities do you think
done that excited you recently?	12	have of yourself matches the image people see you as?	45	make someone a good friend?
What's your best tip for saving money?	Do I remind you of anyone? Who? Explain?	What's your favourite thing to eat?	What was your first job?	When you're asked how you are, how often do you answer truthfully?
What is something people are always surprised to learn about you?	What's your happiest memory of this past year?	When was the last time you surprised yourself? Explain.	What's your favourite memory from when you were a kid?	What's the biggest risk you've ever taken?
Where is your favourite place in the world? Why?	On a scale of 1-10, how messy do you think my car is?	What is the most rewarding part of your career?	What always calms you down when you're really stressed out or upset?	What's something exciting you've done lately?

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Do I remind you of anyone? Who? Explain?	When was the last time you surprised yourself? Explain.	What is my body language telling you right now?	What's something you've done that excited you recently?	What's the biggest risk you've ever taken?
How are you doing today? Like, really doing	32 When are you most happy?	How long have you been working here?	What's your favourite memory from when you were a kid?	What qualities do you think make someone a good friend?
What's your best tip for saving money?	What's your happiest memory of this past year?	What's your favourite thing to eat?	45 What was your first job?	What's the first thing you noticed about me?
On a scale of 1-10, how messy do you think my car is?	What's something you do daily that makes you feel amazing?	What's the most interesting thing you've read lately?	Have you always lived in this city? Where have you lived before?	What's the top thing on your bucket list right now?
If you could have any superpower, what would it be and why?	What is the most memorable gift you've ever received?	What is something people are always surprised to learn about you?	What's your strangest hidden talent/party trick?	What's something exciting you've done lately?



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Have you always lived in this city? Where have you lived before?	What's your favourite memory from when you were a kid?	What do you think is the most fun part of what I do (for a living)?	What's your happiest memory of this past year?	How have your priorities changed in the last year?
How are you doing today? Like, really doing	As a child, what do you think I wanted to be?	If you could have any superpower, what would it be and why?	What's the most interesting thing you've read lately?	How long have you been working here?
What's your best tip for saving money?	What title would you give this chapter of your life?	What is one thing you can't live without?	What was your first job?	What was your first impression of me?
What is something people are always surprised to learn about you?	Where is your favourite place in the world? Why?	What is the most rewarding part of your career?	Do I remind you of anyone? Who? Explain?	What's the top thing on your bucket list right now?
What's your favourite movie?	What is the most memorable gift you've ever received?	Alternate knee raises 10 times each side	What's your strangest hidden talent/party trick?	What do you do to look after your mental health?

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5. The first person to get	their completed form han	ided in with each square sig	gried by a different team i	nember, wirds:
What was your favourite thing to do as a child?	How long have you been working here?	What do you do to look after your mental health?	What's something you've done that excited you recently?	What qualities do you think make someone a good friend?
Do I remind you of anyone? Who? Explain?	What's your happiest memory of this past year?	What's your favourite thing to eat?	Describe your perfect day!	What song normally puts you in a good mood?
What did you want to grow up to be, when you were a child?	What would your younger self not believe about your life today?	What is one thing you can't live without?	What's your favourite memory from when you were a kid?	What's something you do daily that makes you feel amazing?
What makes you laugh out loud?	Where is your favourite place in the world? Why?	When you're asked how you are, how often do you answer truthfully?	On a scale of 1-10, how messy do you think my car is?	What's your favourite movie?
What's the most interesting thing you've read lately?	When was the last time you surprised yourself? Explain.	What is the most rewarding part of your career?	What would you do or buy if you had an unlimited budget?	What's your best tip for saving money?



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	'			
When you're asked how you are, how often do you answer truthfully?	When was the last time you surprised yourself? Explain.	What do you think is the most fun part of what I do (for a living)?	What's something you've done that excited you recently?	What would your younger self not believe about your life today?
How are you doing today? Like, really doing	What makes you laugh out loud?	What was your first job?	What do you do to look after your mental health?	What qualities do you think make someone a good friend?
Have you always lived in this city? Where have you lived before?	What is something people are always surprised to learn about you?	What is one thing you can't live without?	How have your priorities changed in the last year?	What is my body language telling you right now?
What did you want to grow up to be, when you were a child?	32 When are you most happy?	What's your favourite movie?	Do I remind you of anyone? Who? Explain?	What's the top thing on your bucket list right now?
Describe your perfect day!	What is the most memorable gift you've ever received?	What song normally puts you in a good mood?	What would you do or buy if you had an unlimited budget?	Where is your favourite place in the world? Why?

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What makes you laugh out loud?	How has a stranger changed your life?	What qualities do you think make someone a good friend?	What would your younger self not believe about your life today?	How have your priorities changed in the last year?	
What is something people are always surprised to learn about you?	As a child, what do you think I wanted to be?	What's your favourite movie?	What made you smile today?	What's your favourite memory from when you were a kid?	
What is one thing you can't live without?	Who do you love more than anyone?	What's something exciting you've done lately?	What was your first job?	What is my body language telling you right now?	
What title would you give this chapter of your life?	What do you think is the most fun part of what I do (for a living)?	What's the most interesting thing you've read lately?	How long have you been working here?	What's the top thing on your bucket list right now?	
What's the first thing you noticed about me?	What is the most rewarding part of your career?	What's something you do daily that makes you feel good?	Describe your perfect day!	What do you do to look after your mental health?	

Conversation starter Bingo



THE RULES FOR CONVERSATION STARTER BINGO

- 1. Each time a number is 'called', choose a different colleague to ask the question in the relevant square
- 2. Once asked, cross out the number and get your colleague to sign their name to that square
- 3. The first person to get their completed form handed in with each square signed by a different team member, WINS!

What's something you do daily that makes you feel amazing?	How have your priorities changed in the last year?	Do I remind you of anyone? Who? Explain?	Have you always lived in this city? Where have you lived before?	On a scale of 1-10, how messy do you think my car is?
Who do you love more than anyone?	As a child, what do you think I wanted to be?	Where is your favourite place in the world? Why?	What title would you give this chapter of your life?	What made you smile today?
What is the most rewarding part of your career?	Do you think the image you have of yourself matches the image people see you as?	How are you doing today? Like, really doing	What's something exciting you've done lately?	What do you think is the most fun part of what I do (for a living)?
What was your favourite thing to do as a child?	45 What was your first job?	What's your happiest memory of this past year?	What's the most interesting thing you've read lately?	What's the biggest risk you've ever taken?
What always calms you down when you're really stressed out or upset?	Describe your perfect day!	What song normally puts you in a good mood?	What qualities do you think make someone a good friend?	What's your favourite memory from when you were a kid?

my everyday wellbeing powered by healthyfood.com Conversation starter Bringo



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	their completed form han			
What's your strangest hidden talent/party trick?	What is one thing you can't live without?	How long have you been working here?	How are you doing today? Like, <i>really</i> doing	What's your favourite memory from when you were a kid?
Describe your perfect day!	What always calms you down when you're really stressed out or upset?	What would your younger self not believe about your life today?	What makes you laugh out loud?	What was your first impression of me?
What did you want to grow up to be, when you were a child?	What is the most memorable gift you've ever received?	What song normally puts you in a good mood?	If you could have any superpower, what would it be and why?	What's your happiest memory of this past year?
Where is your favourite place in the world? Why?	What would you do or buy if you had an unlimited budget?	What's something you do daily that makes you feel good?	When you're asked how you are, how often do you answer truthfully?	What was your favourite thing to do as a child?
Who do you love more than anyone?	What's your favourite movie?	What is the most rewarding part of your career?	On a scale of 1-10, how messy do you think my car is?	What's the biggest risk you've ever taken?

Conversation starter Bingo



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3. The first person to get	their completed form han	ided in with each square sig	gned by a different team i	member, wirvs:
What makes you laugh out loud?	As a child, what do you think I wanted to be?	What's your favourite thing to eat?	What's something you do daily that makes you feel amazing?	What's something you've done that excited you recently?
Have you always lived in this city? Where have you lived before?	How long have you been working here?	How has a stranger changed your life?	What's the top thing on your bucket list right now?	What did you want to grow up to be, when you were a child?
What's your favourite memory from when you were a kid?	When you're asked how you are, how often do you answer truthfully?	What is the most memorable gift you've ever received?	What is something people are always surprised to learn about you?	What was your first impression of me?
How are you doing today? Like, really doing	When was the last time you surprised yourself? Explain.	What's your happiest memory of this past year?	How have your priorities changed in the last year?	What's a compliment a stranger has given you?
Where is your favourite place in the world? Why?	What's your favourite movie?	What is the most rewarding part of your career?	What's your strangest hidden talent/party trick?	Describe your perfect day!

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Where is your favourite place in the world? Why?	What did you want to grow up to be, when you were a child?	What do you think is the most fun part of what I do (for a living)?	What's your happiest memory of this past year?	How have your priorities changed in the last year?	
Describe your perfect day!	As a child, what do you think I wanted to be?	Do I remind you of anyone? Who? Explain?	How long have you been working here?	Have you always lived in this city? Where have you lived before?	
What's your best tip for saving money?	What's your favourite thing to eat?	What do you do to look after your mental health?	What is the most rewarding part of your career?	What's the first thing you noticed about me?	
What was your first impression of me?	What's something you do daily that makes you feel amazing?	What's something you do daily that makes you feel good?	Who do you love more than anyone?	What title would you give this chapter of your life?	
When you're asked how you are, how often do you answer truthfully?	What made you smile today?	When was the last time you surprised yourself? Explain.	What was your favourite thing to do as a child?	32 When are you most happy?	