



#TEAM
RODZINA

Bingo

FAMILY TEAMWORK EDITION

GENERAL

DEVELOPED BY :



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FAMILY TEAMWORK EDITION

**Organise
physiotherapy.**

**Review
children's
activities
schedule.**

**Unload the
dishwasher.**

**Do laundry and
iron clothes.**

**Make dinner
together with
other family
members.**

**Visit sibling at
the hospital.**

**Water plants
(before it's too
late).**

**Find an
accessible
hotel for the
annual family
holiday.**

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FAMILY TEAMWORK EDITION

**Wash and/or
repair
windows.**

**Schedule
daycare drop
off & pick up for
the coming
week.**

**Go bake with
grandparents.**

**Book hotel for
holidays with
partner.**

**Put children to
bed
(at a decent
time).**

**Organise
game night.**

**Renew home
insurance.**

**Book speech
therapy visit.**

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FAMILY TEAMWORK EDITION

**Take a break
from screens.**

Feed pets.

**Schedule time
with friends or
family.**

**Plan dinner with
grandparents.**

**Prepare
grocery list
for the week.**

**Review and
pay energy
bill.**

**Notify school that
the kids are ill
(while you still
have the energy).**

**Organise date
night.**

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FAMILY TEAMWORK EDITION

**Cook dinner.
Try something
new.**

**Organise
playground visit.**

**Dress the kids
before school.**

**Clean children's
room. With the
children.**

**Buy a new batch of
hand sanitizer.
(the non sticky
ones)**

**Have a 1-1 chat
with the
children.**

**Spend time in
nature.**

**Supervise
children's
homework.**

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FAMILY TEAMWORK EDITION

Make a mental note to revise your primary maths to help with homework.

Make breakfast.

Bring children to birthday party.

Buy a new batch of COVID-19 self-tests.

Read first 100 messages in parent Whatsapp group. Then mute.

Find out how to set up the new laptop.

Show children how to safely set the table.

Support tasks my partner needs help with.

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FAMILY TEAMWORK EDITION

**Take care of
administrative
procedures.**

**Clear table
after dinner.**

**Set household
priorities with
partner.**

**Visit older
family
members.**

**Read a bedtime
story.**

**Monitor children's
digital safety.**

**Buy presents for
family friends.**

**Book an
appointment
with social
worker.**

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FAMILY TEAMWORK EDITION

Shop for birthday gifts for upcoming celebrations.

Clear table after dinner.

Schedule dental check-ups for the whole family.

Go for a walk with older family member.

Bike or car maintenance.

Make inventory of pantry before grocery shopping.

Play frisbee while the sun is out.

Wash, hang & iron clothes.

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FAMILY TEAMWORK EDITION

MENTAL LOAD

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FAMILY TEAMWORK EDITION

Take care of a chore that you don't usually do.

Set the table before dinner.

Buy children clothes for the family trip.

Find a babysitter for the weekend.

**Pack lunch for the next day.
(with extra fruit snacks)**

Remember to respond to email request from school.

Monitor children's digital safety.

Buy cat food (that caters to their fussy tastes)

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FAMILY TEAMWORK EDITION

Answer the family's whatsapp group.

Volunteer for nappy duty ?

Organise the children's birthday party.

Visit older family members.

Prepare the school bags (remember to refill the water bottles)

Buy presents for family friends.

Check in on Grandma.

Plan family time.

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FAMILY TEAMWORK EDITION

**Take care of
administrative
procedures.**

**Stock up on the
toilet paper.**

**Set household
priorities with
partner.**

**Plan music
activity with the
kids/family.**

**Organise a
mental health
check-up.**

**Remember
vaccination
schedule and make
appointment.**

**Buy presents for
family friends.**

**Go explore
neighbourhood
while taking dog
out.**

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FAMILY TEAMWORK EDITION

MENTAL HEALTH

SOME SELF-CARE BINGOS TO INSPIRE YOUR
TIMEOUT AND DOWNTIME.

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FAMILY TEAMWORK EDITION

**Plan out a
bedtime
self-care
routine**

**Spend time in
nature.**

**Take a break
from
electronics
with screens.**

**Meditate for 10
minutes.**

**Schedule time
with friends or
family.**

**Watch
favourite
movie.**

**Have a fun
date night.**

Go for a walk.

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FAMILY TEAMWORK EDITION

**Have a 1-1
check in with
partner/family
member.**

**Listen to music
(or my
favourite
podcast).**

Take a nap.

**Spend time on
a hobby.**

**Have quality
time with
friends.**

**Get help when
needed.**

**Plan a trip or
new
experience.**

**Get enough
sleep.**

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FAMILY TEAMWORK EDITION

CHILDREN

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FAMILY TEAMWORK EDITION

**Make
bed.**

**Lay the table
for dinner.**

**Clean
bedroom.**

**Fold your
clothes.**

**Don't forget
your lunch bag
(add an extra
snack).**

**Brush
teeth with your
cool
toothpaste.**

**Prepare your
school bag.**

**Play your
favourite card
game.**

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FAMILY TEAMWORK EDITION

**Take your little
sister to her
football
practice.**

**Don't forget
your reading
glasses for
school.**

**Clear up your
bath toys.**

**Read a new
book.**

**Tell a bedtime
story to your
sibling.**

**Teach the family
member of your
choice the newest
TikTok dance.**

**Fill the dish
washer.**

**Send your
favourite meme
of the day in the
Family chat.**

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FAMILY TEAMWORK EDITION

**Call Grandad to
tell him about
your day.**

**Fruit or
vegetable
snack today at
school?**

**Clear up your
bath toys.**

**Read a new
book.**

**Surprise
parents with a
breakfast
prepared
together with
siblings.**

**Sing your
favourite song
while tidying
your room.**

**Check your
homework
with an adult
or older
sibling.**

**Who is cooking
dinner
tonight?**

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FAMILY TEAMWORK EDITION

FAMILY CARERS

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FAMILY TEAMWORK EDITION

**Master the bed
wash
technique.**

**Read a bed
time story.**

**Explain to
school which
supports are
needed for
your child.**

**Feed with the
probe.**

**Accompany to
specialist
appointments.**

**Have quality
time with
friends.**

**Resend to the
administration the
exact same info
that got "lost".**

**Organise a
family trivia
gamenight.**

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FAMILY TEAMWORK EDITION

**Go for a walk
with the
wheelchair.**

**Watch
favourite
movie.**

**Take care of
administrative
procedures.**

Do the laundry.

**Organise a
family trivia
gamenight.**

**Get the
medicines at
the hospital
pharmacy.**

**Solve the
mystery case of
the "missing
favorite lego set".**

**Perform
physiotherapy
exercises.**

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FAMILY TEAMWORK EDITION

**Wheelchair
maintenance.**

**Plan a family
movie night.**

**Check that article
that you heard
about in the
carers' group.**

**Prepare the
visit of the
social worker.**

**Take a nap
(even if it's a
short one).**

**Find
information on
respite service
near home.**

**Organise the
meals for the
day.**

**Help with the
homework.**

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Make Your Own Bingo

FAMILY TEAMWORK EDITION

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FAMILY TEAMWORK

WEEKLY PLANNER

MONDAY

NAME:

TASKS:

TUESDAY

NAME:

TASKS:

WEDNESDAY

NAME:

TASKS:

THURSDAY

NAME:

TASKS:

FRIDAY

NAME:

TASKS:

SATURDAY

NAME:

TASKS:

SUNDAY

NAME:

TASKS:

BREAK TIME

**END OF THE WEEK
CHECK-IN**



SUCCESSFUL



NOT BAD



COULD BE BETTER

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FAMILY TEAMWORK

WEEKLY PLANNER

NAME:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

END OF THE WEEK CHECK-IN

- SUCCESSFUL
- NOT BAD
- COULD BE BETTER

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FAMILY TEAMWORK

WEEKLY PLANNER

NAME:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

END OF THE WEEK CHECK-IN

- SUCCESSFUL
- NOT BAD
- COULD BE BETTER

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FAMILY TEAMWORK

WEEKLY PLANNER

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

END OF THE WEEK CHECK-IN

- SUCCESSFUL
- NOT BAD
- COULD BE BETTER

FAMILY TEAMWORK

DAILY PLANNER

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

NAME:

TASKS:

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