


BE MENTALLY HEALTHY

BINGO ACTIVITY

INSTRUCTIONS:

Take some time to incorporate healthy habits into your day to help build positive mental health by completing the Be Mentally Healthy Bingo Activity below. Try to complete a line across, down or diagonally by doing the tasks in each box.

Build	Positive		Mental	Health
Asked someone for help when I needed it.	Used a stress ball or another fidget to calm myself.	Wrote a story or poem to relax and gain focus.	Performed a random act of kindness.	Went for a walk to relax and clear my mind.
Drew a picture to calm myself.	Hung out with friends and had some great laughs.	Listened to music to focus on the task I needed to complete.	Reflected on what and why I was feeling a certain way.	Did a relaxation or mindful breathing exercise for 5 min.
Took a 5 minute me break at school/home.	Practiced Mindful Breathing technique for relaxation.	FREE MENTAL HEALTH TIP Tell someone their strengths. It helps their mental health and yours.	Colored a picture for a break during high stress time.	Had a piece of fruit to gain some energy for the rest of the morning.
Practiced some Yoga.	Watched a movie to relieve some stress.	Took time to enjoy the outdoors.	Took 10 deep breaths.	Planted a flower or seed for growing.
Ate a piece of fruit to gain some energy for the rest of the morning.	Talked to someone you trusted about how you feel.	Took a 5 minute me break at school/home.	Walked away from the problem.	Danced and sang to help energize myself.