Erika's Lighthouse®

Mental Health Bingo

PURPOSE //////////////////////////////////////

- Promote activities that help reduce stress, anxiety, and boost mental health.

OBJECTIVE //////////////////////////////////////

- To build awareness of good mental health practices in daily life
- Use mental health bingo to promote mental wellness and raise awareness at your school.

INSTRUCTIONS //

Materials

- Bingo Cards (example attached)
- Prize (pencil/pen, stickers, encourage-mints, stress balls, etc)

Assembly

1. Print blank bingo sheets
2. Use the example bingo sheet to create your own bingo card that is customized to your school
3. Pass out cards for students to participate
4. Collect cards

Application

- Use the example bingo card included or create your own bingo card that is customized to your school.
- Decide on a prize. This should be something small! Think pencils, encourage-mints, or something with an encouraging message. See other Awareness into Action Activities for ideas.
- Distribute cards to students who would like to participate. Decide who will collect cards and when they should be turned in by.
- Use this activity to encourage students to attend an Empowerment club meeting (or your school's equivalent) and use that time to pass out prizes.
- Make this activity your own!

A special thank you to Key Club members for the creation of this activity.
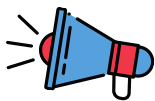
Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

f @ErikasLH

🐦 @ErikasLH

📷 erikas.lighthouse

in @Erika's Lighthouse

Name : _____

MENTAL HEALTH BINGO

Complete all activities and return to _____
by ____/____/_____ for a special prize!

Complete a 5 minute meditation	Ask someone where the school counselor's office is	Leave someone a kind note
Identify a trusted adult or friend	Erika's Lighthouse®	Go for a walk
Attend an Empowerment Club meeting	Post on social media about the importance of mental health	Sit with someone you don't know at lunch

Name : _____

MENTAL HEALTH BINGO

Complete all activities and return to _____
by ____/____/_____for a special prize!