

MENTAL HEALTH BINGO

Play bingo with your family members, see who reaches 5 in a row first! This card doubles as a coping skills list that you can use when you are stressed or overwhelmed.

Exercised for at least 30 minutes	Meditated	Danced	Played with a pet	Wrote in a Journal
Sent someone a positive message	Prepared a healthy meal	Watched the sunrise or sunset	Practiced Deep Breathing	Helped someone
Laughed	Ate a healthy meal	FREE SPACE!	Listened to my favorite music	Went for a walk
Took time to do a coloring activity	Read a book	Hugged someone	Had an evening off devices	Talked to a friend on the phone
Took a bubble bath	Performed a random act of kindness	Practiced positive self-talk	Organized/ Decluttered (Closet, cabinet, desk, etc.)	Practiced yoga



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		FREE SPACE!		