



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)

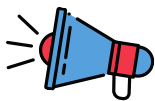
Assembly

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:



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!

	 Erika's Lighthouse®	