



**PURPOSE** //////////////////////////////////////

- Promote good mental health practices
- Promote activities that help reduce stress, anxiety and boost mental health
- For staff to explore what helps them cope better, feel calmer, and less stressed

**OBJECTIVE** //////////////////////////////////////

- Practice coping skills at work
- Building awareness of good mental health practices in daily life

**INSTRUCTIONS** //////////////////////////////////////

**Materials**

- Bingo Sheet (Pre-filled or Blank)
- Stamp, Marker, Stickers to mark activities completed
- Prize for the winner (Optional)

**Application**

- As part of a mental health day or week, invite your team to participate
- Place a stamp, mark, or sticker on an activity you accomplished
- When a staff member has five in a row, they can win a prize (Horizontal, Vertical or Diagonal)
- Gather at the end of the week to discuss how the activity went and what activities the team enjoyed the most

**Assembly**

1. Choose the pre-filled bingo and start playing OR
2. Gather as a staff and fill out your own work bingo with the activities that work for you or that you have been wanting to practice

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



# 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                 | <b>FREE SPACE!</b>            | 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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|--|--|------------------------|--|--|
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|  |  |                        |  |  |
|  |  | <b>FREE<br/>SPACE!</b> |  |  |
|  |  |                        |  |  |
|  |  |                        |  |  |