

Mental Health Bingo

diet	Art work	Go for a walk	Watch a movie or TV	Rip paper into itty-bitty pieces
Eat a healthy	and balanced	Spend time	Clean	Talk to someone
Yoga	Color	FREE	Sleep	Meditate
Play a game	Write a letter to someone that you may never send.	Put a puzzle together	Spend time in	Write in a journal
Listen to music	Go outside	Sing	Dance	Deep breathing

Mental Health Bingo

Sleep	Rip paper into itty-bitty pieces	Color	Yoga	Dance
Watch a movie or TV	Meditate	Play a game	and balanced	Clean
nature	Sing	FREE	Eat a healthy	Go for a walk
Spend time in	Talk to someone	Spend time	Write a letter to someone that you may never send.	Deep breathing
Art work	diet	with friends	Exercise	Go outside

Mental Health Bingo

Sleep	Eat a healthy	Spend time in	Exercise	Clean
Art work	with friends	nature	Deep breathing	and balanced
Eat healthy	Write a letter to someone that you may never send.	FREE	Put a puzzle together	Talk to someone
Sing	Play a game	Meditate	Color	Write in a journal
Dance	Yoga	Rip paper into itty-bitty pieces	Go for a walk	Spend time