

Mental Health Bingo

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

Mental Health Bingo

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

Mental Health Bingo

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