

Mental Health Bingo

7. Deep breathing	1. Art work	16. Rip paper into itty-bitty pieces	25. Practice Mindful	21. Watch a movie or TV
13. Meditate	6. Dance	23. Write in a journal	10. Go for a walk	5. Spend time with friends
8. Eat healthy	11. Volunteer locally	FREE	19. Talk to someone	2. Clean
4. Eat a healthy and balanced diet	20. Spend time in nature	24. Yoga	17. Sing	22. Write a letter to someone that you may never send.
12. Listen to music	3. Color	14. Play a game	9. Exercise	15. Treat yourself

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8. Eat healthy	9. Exercise	10. Go for a walk	20. Spend time in nature	13. Meditate
25. Practice Mindful	2. Clean	16. Rip paper into itty-bitty pieces	22. Write a letter to someone that you may never send.	11. Volunteer locally
19. Talk to someone	1. Art work	FREE	17. Sing	24. Yoga
15. Treat yourself	7. Deep breathing	14. Play a game	4. Eat a healthy and balanced diet	12. Listen to music
21. Watch a movie or TV	18. Sleep	5. Spend time with friends	23. Write in a journal	6. Dance

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4. Eat a healthy and balanced diet	17. Sing	8. Eat healthy	15. Treat yourself	25. Practice Mindful
3. Color	5. Spend time with friends	9. Exercise	20. Spend time in nature	11. Volunteer locally
24. Yoga	10. Go for a walk	FREE	19. Talk to someone	16. Rip paper into itty-bitty pieces
18. Sleep	21. Watch a movie or TV	12. Listen to music	1. Art work	7. Deep breathing
6. Dance	23. Write in a journal	2. Clean	22. Write a letter to someone that you may never send.	14. Play a game