

Mental Health Bingo

Voice your application to a coworker	Answer the weekly riddle	Do a puzzle	Sign up for a well being course in the grow newsletter	Meditation
Create something through art/knitting/crochet/sketching/etc	Talk/connect with a coworker when something is bothering you	Rip paper into tiny pieces when upset	Ask for help	Sign up for a course in the grow newsletter
Stretch	Watch a movie/TV show	FREE	Breathing exercises	Journal about your day
Listen to music	Sing to a song you like	Listen/read a book	Go on a nature walk	Read the affirmation of the week
Exercise	Count to 10	Share a positive thought with children or staff	Yoga	Dance

Mental Health Bingo

Watch a movie/TV show	Ask for help	Sign up for a well being course in the grow newsletter	Create something through art/knitting/crochet/sketching/etc	Rip paper into tiny pieces when upset
Do a puzzle	Yoga	Meditation	Count to 10	Sign up for a course in the grow newsletter
Listen to music	Breathing exercises	FREE	Journal about your day	Answer the weekly riddle
Go on a nature walk	Share a positive thought with children or staff	Voice your application to a coworker	Dance	Sing to a song you like
Listen/read a book	Read the affirmation of the week	Stretch	Talk/connect with a coworker when something is bothering you	Exercise

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Count to 10	Share a positive thought with children or staff	Ask for help	Read the affirmation of the week	Breathing exercises
Voice your application to a coworker	Listen to music	Listen/read a book	Talk/connect with a coworker when something is bothering you	Meditation
Stretch	Dance	FREE	Sing to a song you like	Go on a nature walk
Watch a movie/TV show	Sign up for a course in the grow newsletter	Sign up for a well being course in the grow newsletter	Yoga	Do a puzzle
Journal about your day	Answer the weekly riddle	Rip paper into tiny pieces when upset	Create something through art/knitting/crochet/sketching/etc	Exercise