

Mental Health Bingo

Walking	Basketball	Anxiety	Fear	Singing
Over Sleeping	Depression	Teeth Grinding	Reading	Talking on the Phone
Weight Gain	Cooking	FREE	Rapid Heartbeat	Isolating Oneself
Memory Problems	Taking Deep Breaths	Negative Thoughts	Shopping	Taking a Bath or Shower
Headache	Poor Judgement	Going out to Eat	Coping Skills	Canoeing

Mental Health Bingo

Talking on the Phone	Coping Skills	Stress	Isolating Oneself	Cooking
Memory Problems	Teeth Grinding	Canoeing	Weight Gain	Basketball
Rapid Heartbeat	Singing	FREE	Poor Judgement	Moodiness
Over Sleeping	Depression	Fear	Running	Weight Loss
Reading	Taking Deep Breaths	Dancing	Shopping	Anxiety

Mental Health Bingo

Negative Thoughts	Depression	Rapid Heartbeat	Walking	Coping Skills
Writing	Weight Loss	Diarrhea	Canoeing	Singing
Reading	Drawing	FREE	Basketball	Weight Gain
Over Sleeping	Dancing	Memory Problems	Fear	Cooking
Isolating Oneself	Headache	Shopping	Running	Taking Deep Breaths