

Mental Health Bingo

Write a letter to someone that you may never send.	Art work	Deep breathing	Sleep	Meditate
Dance	Watch a movie or TV	Put a puzzle together	Clean	Sing
Use a stress ball	Write in a journal	FREE	Color	Go for a walk
Go outside	Talk to someone	Listen to music	Exercise	Play a game
Eat healthy	Count to 10	Rip paper into itty-bitty pieces	Yoga	Dance

Mental Health Bingo

Write in a journal	Clean	Sleep	Dance	Put a puzzle together
Deep breathing	Yoga	Meditate	Count to 10	Sing
Go outside	Color	FREE	Go for a walk	Art work
Exercise	Rip paper into itty-bitty pieces	Write a letter to someone that you may never send.	Dance	Talk to someone
Listen to music	Play a game	Use a stress ball	Watch a movie or TV	Eat healthy

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Count to 10	Rip paper into itty-bitty pieces	Clean	Play a game	Color
Write a letter to someone that you may never send.	Go outside	Listen to music	Watch a movie or TV	Meditate
Use a stress ball	Dance	FREE	Talk to someone	Exercise
Write in a journal	Sing	Sleep	Yoga	Deep breathing
Go for a walk	Art work	Put a puzzle together	Dance	Eat healthy