

Mental Health Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/uhwfcu

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/uhwfcu

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/uhwfcu

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

GO FOR A WALK	USE A STRESS BALL	TALK TO A TEACHER OR COUNSELOR	TALK TO YOUR PARENTS	TAKE 10 DEEP BREATHES	PERFORM A RANDOM ACT OF KINDNESS	VOLUNTEER YOUR TIME
SIT IN THE SUN	EAT HEALTHY	LISTEN TO MUSIC	JOIN SCHOOL CLUBS	THINK POSITIVELY	DRAW/PAINT	SLEEP
WRITE IN A JOURNAL	HANG OUT WITH FRIENDS	WATCH A FUNNY MOVIE	IDENTIFY FEELINGS	EXERCISE	HUG A FRIEND/FAMILY MEMBER	YOGA
PLAY A GAME	DANCE	WRITE A POSITIVE LETTER TO YOURSELF				

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USE A STRESS BALL	EAT HEALTHY	SIT IN THE SUN	HANG OUT WITH FRIENDS	TALK TO A TEACHER OR COUNSELOR
PERFORM A RANDOM ACT OF KINDNESS	TAKE 10 DEEP BREATHES	VOLUNTEER YOUR TIME	TALK TO YOUR PARENTS	GO FOR A WALK
WATCH A FUNNY MOVIE	WRITE IN A JOURNAL	FREE SPACE	HUG A FRIEND/FAMILY MEMBER	DRAW/PAINT
YOGA	JOIN SCHOOL CLUBS	PLAY A GAME	DANCE	LISTEN TO MUSIC
IDENTIFY FEELINGS	EXERCISE	SLEEP	THINK POSITIVELY	WRITE A POSITIVE LETTER TO YOURSELF

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VOLUNTEER YOUR TIME	TALK TO YOUR PARENTS	SLEEP	USE A STRESS BALL	JOIN SCHOOL CLUBS
PERFORM A RANDOM ACT OF KINDNESS	HUG A FRIEND/FAMILY MEMBER	THINK POSITIVELY	WATCH A FUNNY MOVIE	HANG OUT WITH FRIENDS
YOGA	LISTEN TO MUSIC	FREE SPACE	EXERCISE	PLAY A GAME
DRAW/PAINT	GO FOR A WALK	EAT HEALTHY	WRITE IN A JOURNAL	DANCE
TALK TO A TEACHER OR COUNSELOR	IDENTIFY FEELINGS	SIT IN THE SUN	TAKE 10 DEEP BREATHES	WRITE A POSITIVE LETTER TO YOURSELF

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THINK POSITIVELY	TAKE 10 DEEP BREATHES	VOLUNTEER YOUR TIME	LISTEN TO MUSIC	PLAY A GAME
WRITE A POSITIVE LETTER TO YOURSELF	HANG OUT WITH FRIENDS	HUG A FRIEND/FAMILY MEMBER	SLEEP	WRITE IN A JOURNAL
EAT HEALTHY	USE A STRESS BALL	FREE SPACE	DRAW/PAINT	IDENTIFY FEELINGS
TALK TO YOUR PARENTS	JOIN SCHOOL CLUBS	WATCH A FUNNY MOVIE	DANCE	YOGA
TALK TO A TEACHER OR COUNSELOR	SIT IN THE SUN	PERFORM A RANDOM ACT OF KINDNESS	GO FOR A WALK	EXERCISE

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WRITE IN A JOURNAL	SIT IN THE SUN	WATCH A FUNNY MOVIE	GO FOR A WALK	SLEEP
DRAW/PAINT	TAKE 10 DEEP BREATHES	TALK TO A TEACHER OR COUNSELOR	YOGA	THINK POSITIVELY
HUG A FRIEND/FAMILY MEMBER	USE A STRESS BALL	FREE SPACE	VOLUNTEER YOUR TIME	EXERCISE
LISTEN TO MUSIC	JOIN SCHOOL CLUBS	HANG OUT WITH FRIENDS	WRITE A POSITIVE LETTER TO YOURSELF	PERFORM A RANDOM ACT OF KINDNESS
TALK TO YOUR PARENTS	EAT HEALTHY	PLAY A GAME	DANCE	IDENTIFY FEELINGS

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SIT IN THE SUN	GO FOR A WALK	WRITE IN A JOURNAL	HUG A FRIEND/FAMILY MEMBER	DANCE
VOLUNTEER YOUR TIME	JOIN SCHOOL CLUBS	TALK TO YOUR PARENTS	WRITE A POSITIVE LETTER TO YOURSELF	DRAW/PAINT
EAT HEALTHY	YOGA	FREE SPACE	PERFORM A RANDOM ACT OF KINDNESS	PLAY A GAME
HANG OUT WITH FRIENDS	EXERCISE	LISTEN TO MUSIC	TAKE 10 DEEP BREATHES	USE A STRESS BALL
IDENTIFY FEELINGS	WATCH A FUNNY MOVIE	TALK TO A TEACHER OR COUNSELOR	THINK POSITIVELY	SLEEP

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SIT IN THE SUN	EAT HEALTHY	USE A STRESS BALL	EXERCISE	HANG OUT WITH FRIENDS
HUG A FRIEND/FAMILY MEMBER	TALK TO YOUR PARENTS	SLEEP	VOLUNTEER YOUR TIME	TAKE 10 DEEP BREATHES
DANCE	PLAY A GAME	FREE SPACE	TALK TO A TEACHER OR COUNSELOR	THINK POSITIVELY
JOIN SCHOOL CLUBS	WATCH A FUNNY MOVIE	WRITE IN A JOURNAL	YOGA	PERFORM A RANDOM ACT OF KINDNESS
LISTEN TO MUSIC	GO FOR A WALK	WRITE A POSITIVE LETTER TO YOURSELF	DRAW/PAINT	IDENTIFY FEELINGS

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YOGA	EXERCISE	WATCH A FUNNY MOVIE	TALK TO A TEACHER OR COUNSELOR	VOLUNTEER YOUR TIME
IDENTIFY FEELINGS	TALK TO YOUR PARENTS	HANG OUT WITH FRIENDS	PLAY A GAME	TAKE 10 DEEP BREATHES
HUG A FRIEND/FAMILY MEMBER	THINK POSITIVELY	FREE SPACE	PERFORM A RANDOM ACT OF KINDNESS	DRAW/PAINT
SIT IN THE SUN	SLEEP	LISTEN TO MUSIC	DANCE	WRITE IN A JOURNAL
JOIN SCHOOL CLUBS	USE A STRESS BALL	GO FOR A WALK	EAT HEALTHY	WRITE A POSITIVE LETTER TO YOURSELF

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YOGA	USE A STRESS BALL	JOIN SCHOOL CLUBS	PERFORM A RANDOM ACT OF KINDNESS	DANCE
EXERCISE	DRAW/PAINT	WRITE IN A JOURNAL	SIT IN THE SUN	GO FOR A WALK
VOLUNTEER YOUR TIME	THINK POSITIVELY	FREE SPACE	TAKE 10 DEEP BREATHES	HUG A FRIEND/FAMILY MEMBER
EAT HEALTHY	WRITE A POSITIVE LETTER TO YOURSELF	HANG OUT WITH FRIENDS	TALK TO A TEACHER OR COUNSELOR	PLAY A GAME
TALK TO YOUR PARENTS	LISTEN TO MUSIC	IDENTIFY FEELINGS	SLEEP	WATCH A FUNNY MOVIE

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JOIN SCHOOL CLUBS	LISTEN TO MUSIC	SLEEP	DRAW/PAINT	WATCH A FUNNY MOVIE
SIT IN THE SUN	GO FOR A WALK	HANG OUT WITH FRIENDS	PLAY A GAME	USE A STRESS BALL
THINK POSITIVELY	TAKE 10 DEEP BREATHES	FREE SPACE	YOGA	HUG A FRIEND/FAMILY MEMBER
TALK TO YOUR PARENTS	IDENTIFY FEELINGS	WRITE A POSITIVE LETTER TO YOURSELF	TALK TO A TEACHER OR COUNSELOR	EXERCISE
PERFORM A RANDOM ACT OF KINDNESS	VOLUNTEER YOUR TIME	EAT HEALTHY	DANCE	WRITE IN A JOURNAL

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TALK TO A TEACHER OR COUNSELOR	WRITE IN A JOURNAL	WATCH A FUNNY MOVIE	EAT HEALTHY	EXERCISE
TALK TO YOUR PARENTS	IDENTIFY FEELINGS	HUG A FRIEND/FAMILY MEMBER	DRAW/PAINT	DANCE
SLEEP	VOLUNTEER YOUR TIME	FREE SPACE	LISTEN TO MUSIC	USE A STRESS BALL
SIT IN THE SUN	YOGA	PLAY A GAME	WRITE A POSITIVE LETTER TO YOURSELF	GO FOR A WALK
THINK POSITIVELY	PERFORM A RANDOM ACT OF KINDNESS	JOIN SCHOOL CLUBS	HANG OUT WITH FRIENDS	TAKE 10 DEEP BREATHES

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EAT HEALTHY	WRITE A POSITIVE LETTER TO YOURSELF	DRAW/PAINT	USE A STRESS BALL	HANG OUT WITH FRIENDS
TAKE 10 DEEP BREATHES	JOIN SCHOOL CLUBS	SIT IN THE SUN	VOLUNTEER YOUR TIME	IDENTIFY FEELINGS
SLEEP	TALK TO A TEACHER OR COUNSELOR	FREE SPACE	YOGA	PLAY A GAME
TALK TO YOUR PARENTS	THINK POSITIVELY	WATCH A FUNNY MOVIE	EXERCISE	WRITE IN A JOURNAL
DANCE	HUG A FRIEND/FAMILY MEMBER	GO FOR A WALK	PERFORM A RANDOM ACT OF KINDNESS	LISTEN TO MUSIC

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TAKE 10 DEEP BREATHES	IDENTIFY FEELINGS	TALK TO YOUR PARENTS	EAT HEALTHY	HUG A FRIEND/FAMILY MEMBER
LISTEN TO MUSIC	SLEEP	PERFORM A RANDOM ACT OF KINDNESS	WRITE A POSITIVE LETTER TO YOURSELF	HANG OUT WITH FRIENDS
PLAY A GAME	VOLUNTEER YOUR TIME	FREE SPACE	DRAW/PAINT	YOGA
SIT IN THE SUN	USE A STRESS BALL	WRITE IN A JOURNAL	JOIN SCHOOL CLUBS	EXERCISE
DANCE	THINK POSITIVELY	TALK TO A TEACHER OR COUNSELOR	GO FOR A WALK	WATCH A FUNNY MOVIE

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VOLUNTEER YOUR TIME	JOIN SCHOOL CLUBS	GO FOR A WALK	LISTEN TO MUSIC	SLEEP
EXERCISE	HANG OUT WITH FRIENDS	YOGA	TAKE 10 DEEP BREATHES	WATCH A FUNNY MOVIE
USE A STRESS BALL	TALK TO YOUR PARENTS	FREE SPACE	HUG A FRIEND/FAMILY MEMBER	IDENTIFY FEELINGS
DANCE	TALK TO A TEACHER OR COUNSELOR	DRAW/PAINT	PERFORM A RANDOM ACT OF KINDNESS	EAT HEALTHY
WRITE IN A JOURNAL	PLAY A GAME	SIT IN THE SUN	WRITE A POSITIVE LETTER TO YOURSELF	THINK POSITIVELY

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LISTEN TO MUSIC	GO FOR A WALK	PLAY A GAME	SLEEP	EXERCISE
VOLUNTEER YOUR TIME	THINK POSITIVELY	PERFORM A RANDOM ACT OF KINDNESS	TAKE 10 DEEP BREATHES	HUG A FRIEND/FAMILY MEMBER
WRITE A POSITIVE LETTER TO YOURSELF	DANCE	FREE SPACE	TALK TO YOUR PARENTS	SIT IN THE SUN
TALK TO A TEACHER OR COUNSELOR	DRAW/PAINT	WRITE IN A JOURNAL	HANG OUT WITH FRIENDS	WATCH A FUNNY MOVIE
USE A STRESS BALL	YOGA	JOIN SCHOOL CLUBS	IDENTIFY FEELINGS	EAT HEALTHY

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IDENTIFY FEELINGS	JOIN SCHOOL CLUBS	SIT IN THE SUN	TALK TO YOUR PARENTS	EAT HEALTHY
THINK POSITIVELY	WRITE IN A JOURNAL	SLEEP	HANG OUT WITH FRIENDS	DRAW/PAINT
TAKE 10 DEEP BREATHES	GO FOR A WALK	FREE SPACE	WATCH A FUNNY MOVIE	VOLUNTEER YOUR TIME
PERFORM A RANDOM ACT OF KINDNESS	USE A STRESS BALL	YOGA	HUG A FRIEND/FAMILY MEMBER	DANCE
WRITE A POSITIVE LETTER TO YOURSELF	EXERCISE	TALK TO A TEACHER OR COUNSELOR	PLAY A GAME	LISTEN TO MUSIC

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TAKE 10 DEEP BREATHES	PLAY A GAME	DRAW/PAINT	YOGA	HUG A FRIEND/FAMILY MEMBER
WRITE IN A JOURNAL	WRITE A POSITIVE LETTER TO YOURSELF	VOLUNTEER YOUR TIME	SLEEP	THINK POSITIVELY
TALK TO A TEACHER OR COUNSELOR	DANCE	FREE SPACE	SIT IN THE SUN	LISTEN TO MUSIC
TALK TO YOUR PARENTS	USE A STRESS BALL	PERFORM A RANDOM ACT OF KINDNESS	JOIN SCHOOL CLUBS	WATCH A FUNNY MOVIE
GO FOR A WALK	IDENTIFY FEELINGS	EAT HEALTHY	HANG OUT WITH FRIENDS	EXERCISE

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SIT IN THE SUN	TAKE 10 DEEP BREATHES	HANG OUT WITH FRIENDS	YOGA	GO FOR A WALK
WATCH A FUNNY MOVIE	EAT HEALTHY	IDENTIFY FEELINGS	LISTEN TO MUSIC	JOIN SCHOOL CLUBS
SLEEP	DANCE	FREE SPACE	PERFORM A RANDOM ACT OF KINDNESS	PLAY A GAME
TALK TO YOUR PARENTS	EXERCISE	WRITE A POSITIVE LETTER TO YOURSELF	TALK TO A TEACHER OR COUNSELOR	THINK POSITIVELY
USE A STRESS BALL	WRITE IN A JOURNAL	DRAW/PAINT	VOLUNTEER YOUR TIME	HUG A FRIEND/FAMILY MEMBER

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PLAY A GAME	EAT HEALTHY	DANCE	GO FOR A WALK	VOLUNTEER YOUR TIME
SLEEP	USE A STRESS BALL	TAKE 10 DEEP BREATHES	TALK TO A TEACHER OR COUNSELOR	THINK POSITIVELY
WRITE IN A JOURNAL	SIT IN THE SUN	FREE SPACE	PERFORM A RANDOM ACT OF KINDNESS	LISTEN TO MUSIC
JOIN SCHOOL CLUBS	WATCH A FUNNY MOVIE	HUG A FRIEND/FAMILY MEMBER	IDENTIFY FEELINGS	HANG OUT WITH FRIENDS
EXERCISE	DRAW/PAINT	TALK TO YOUR PARENTS	WRITE A POSITIVE LETTER TO YOURSELF	YOGA

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HUG A FRIEND/FAMILY MEMBER	PERFORM A RANDOM ACT OF KINDNESS	LISTEN TO MUSIC	EXERCISE	PLAY A GAME
JOIN SCHOOL CLUBS	GO FOR A WALK	TALK TO A TEACHER OR COUNSELOR	SLEEP	THINK POSITIVELY
USE A STRESS BALL	YOGA	FREE SPACE	HANG OUT WITH FRIENDS	WATCH A FUNNY MOVIE
TALK TO YOUR PARENTS	IDENTIFY FEELINGS	DRAW/PAINT	VOLUNTEER YOUR TIME	DANCE
SIT IN THE SUN	WRITE A POSITIVE LETTER TO YOURSELF	TAKE 10 DEEP BREATHES	WRITE IN A JOURNAL	EAT HEALTHY

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SLEEP	WATCH A FUNNY MOVIE	HUG A FRIEND/FAMILY MEMBER	TAKE 10 DEEP BREATHES	DANCE
TALK TO YOUR PARENTS	TALK TO A TEACHER OR COUNSELOR	IDENTIFY FEELINGS	SIT IN THE SUN	EAT HEALTHY
WRITE A POSITIVE LETTER TO YOURSELF	PERFORM A RANDOM ACT OF KINDNESS	FREE SPACE	PLAY A GAME	JOIN SCHOOL CLUBS
VOLUNTEER YOUR TIME	EXERCISE	WRITE IN A JOURNAL	YOGA	THINK POSITIVELY
DRAW/PAINT	HANG OUT WITH FRIENDS	GO FOR A WALK	LISTEN TO MUSIC	USE A STRESS BALL

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WATCH A FUNNY MOVIE	TALK TO A TEACHER OR COUNSELOR	IDENTIFY FEELINGS	TAKE 10 DEEP BREATHES	USE A STRESS BALL
THINK POSITIVELY	SIT IN THE SUN	WRITE IN A JOURNAL	DRAW/PAINT	GO FOR A WALK
EXERCISE	HANG OUT WITH FRIENDS	FREE SPACE	YOGA	LISTEN TO MUSIC
TALK TO YOUR PARENTS	VOLUNTEER YOUR TIME	DANCE	SLEEP	PLAY A GAME
HUG A FRIEND/FAMILY MEMBER	EAT HEALTHY	PERFORM A RANDOM ACT OF KINDNESS	WRITE A POSITIVE LETTER TO YOURSELF	JOIN SCHOOL CLUBS

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PLAY A GAME	DANCE	GO FOR A WALK	LISTEN TO MUSIC	TALK TO A TEACHER OR COUNSELOR
SIT IN THE SUN	TALK TO YOUR PARENTS	EAT HEALTHY	DRAW/PAINT	VOLUNTEER YOUR TIME
YOGA	JOIN SCHOOL CLUBS	FREE SPACE	PERFORM A RANDOM ACT OF KINDNESS	USE A STRESS BALL
WRITE A POSITIVE LETTER TO YOURSELF	EXERCISE	SLEEP	WATCH A FUNNY MOVIE	IDENTIFY FEELINGS
HANG OUT WITH FRIENDS	WRITE IN A JOURNAL	THINK POSITIVELY	TAKE 10 DEEP BREATHERS	HUG A FRIEND/FAMILY MEMBER

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PERFORM A RANDOM ACT OF KINDNESS	LISTEN TO MUSIC	DANCE	EXERCISE	TALK TO YOUR PARENTS
WATCH A FUNNY MOVIE	THINK POSITIVELY	YOGA	JOIN SCHOOL CLUBS	VOLUNTEER YOUR TIME
WRITE IN A JOURNAL	PLAY A GAME	FREE SPACE	IDENTIFY FEELINGS	HUG A FRIEND/FAMILY MEMBER
SLEEP	WRITE A POSITIVE LETTER TO YOURSELF	TALK TO A TEACHER OR COUNSELOR	TAKE 10 DEEP BREATHES	GO FOR A WALK
HANG OUT WITH FRIENDS	DRAW/PAINT	USE A STRESS BALL	EAT HEALTHY	SIT IN THE SUN

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HUG A FRIEND/FAMILY MEMBER	WRITE A POSITIVE LETTER TO YOURSELF	THINK POSITIVELY	EAT HEALTHY	TALK TO A TEACHER OR COUNSELOR
PERFORM A RANDOM ACT OF KINDNESS	TAKE 10 DEEP BREATHES	SIT IN THE SUN	WRITE IN A JOURNAL	GO FOR A WALK
IDENTIFY FEELINGS	SLEEP	FREE SPACE	JOIN SCHOOL CLUBS	PLAY A GAME
TALK TO YOUR PARENTS	DANCE	EXERCISE	LISTEN TO MUSIC	HANG OUT WITH FRIENDS
USE A STRESS BALL	WATCH A FUNNY MOVIE	DRAW/PAINT	VOLUNTEER YOUR TIME	YOGA

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SLEEP	THINK POSITIVELY	WRITE IN A JOURNAL	GO FOR A WALK	EXERCISE
PLAY A GAME	JOIN SCHOOL CLUBS	DANCE	LISTEN TO MUSIC	YOGA
PERFORM A RANDOM ACT OF KINDNESS	TAKE 10 DEEP BREATHES	FREE SPACE	EAT HEALTHY	WATCH A FUNNY MOVIE
VOLUNTEER YOUR TIME	WRITE A POSITIVE LETTER TO YOURSELF	HANG OUT WITH FRIENDS	USE A STRESS BALL	IDENTIFY FEELINGS
TALK TO A TEACHER OR COUNSELOR	SIT IN THE SUN	DRAW/PAINT	HUG A FRIEND/FAMILY MEMBER	TALK TO YOUR PARENTS

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DANCE	IDENTIFY FEELINGS	LISTEN TO MUSIC	VOLUNTEER YOUR TIME	HUG A FRIEND/FAMILY MEMBER
DRAW/PAINT	PLAY A GAME	YOGA	WATCH A FUNNY MOVIE	PERFORM A RANDOM ACT OF KINDNESS
GO FOR A WALK	TALK TO YOUR PARENTS	FREE SPACE	EXERCISE	SIT IN THE SUN
TALK TO A TEACHER OR COUNSELOR	THINK POSITIVELY	WRITE A POSITIVE LETTER TO YOURSELF	SLEEP	TAKE 10 DEEP BREATHES
USE A STRESS BALL	JOIN SCHOOL CLUBS	EAT HEALTHY	HANG OUT WITH FRIENDS	WRITE IN A JOURNAL

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YOGA	IDENTIFY FEELINGS	SIT IN THE SUN	SLEEP	WRITE IN A JOURNAL
DRAW/PAINT	WATCH A FUNNY MOVIE	DANCE	GO FOR A WALK	WRITE A POSITIVE LETTER TO YOURSELF
PLAY A GAME	THINK POSITIVELY	FREE SPACE	EXERCISE	JOIN SCHOOL CLUBS
USE A STRESS BALL	TAKE 10 DEEP BREATHES	TALK TO A TEACHER OR COUNSELOR	LISTEN TO MUSIC	PERFORM A RANDOM ACT OF KINDNESS
EAT HEALTHY	TALK TO YOUR PARENTS	VOLUNTEER YOUR TIME	HUG A FRIEND/FAMILY MEMBER	HANG OUT WITH FRIENDS

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YOGA	PERFORM A RANDOM ACT OF KINDNESS	USE A STRESS BALL	HUG A FRIEND/FAMILY MEMBER	TALK TO YOUR PARENTS
WRITE IN A JOURNAL	WRITE A POSITIVE LETTER TO YOURSELF	WATCH A FUNNY MOVIE	DANCE	THINK POSITIVELY
TAKE 10 DEEP BREATHES	VOLUNTEER YOUR TIME	FREE SPACE	EXERCISE	LISTEN TO MUSIC
JOIN SCHOOL CLUBS	GO FOR A WALK	EAT HEALTHY	SLEEP	IDENTIFY FEELINGS
HANG OUT WITH FRIENDS	PLAY A GAME	DRAW/PAINT	TALK TO A TEACHER OR COUNSELOR	SIT IN THE SUN

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PERFORM A RANDOM ACT OF KINDNESS	EAT HEALTHY	WRITE A POSITIVE LETTER TO YOURSELF	DANCE	GO FOR A WALK
IDENTIFY FEELINGS	DRAW/PAINT	EXERCISE	PLAY A GAME	SLEEP
JOIN SCHOOL CLUBS	TAKE 10 DEEP BREATHES	FREE SPACE	WRITE IN A JOURNAL	THINK POSITIVELY
HUG A FRIEND/FAMILY MEMBER	VOLUNTEER YOUR TIME	WATCH A FUNNY MOVIE	YOGA	HANG OUT WITH FRIENDS
TALK TO YOUR PARENTS	TALK TO A TEACHER OR COUNSELOR	USE A STRESS BALL	LISTEN TO MUSIC	SIT IN THE SUN

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TALK TO A TEACHER OR COUNSELOR	IDENTIFY FEELINGS	DRAW/PAINT	HUG A FRIEND/FAMILY MEMBER	WRITE IN A JOURNAL
WATCH A FUNNY MOVIE	HANG OUT WITH FRIENDS	TAKE 10 DEEP BREATHES	YOGA	PERFORM A RANDOM ACT OF KINDNESS
USE A STRESS BALL	SLEEP	FREE SPACE	SIT IN THE SUN	GO FOR A WALK
EAT HEALTHY	PLAY A GAME	VOLUNTEER YOUR TIME	THINK POSITIVELY	LISTEN TO MUSIC
EXERCISE	WRITE A POSITIVE LETTER TO YOURSELF	DANCE	TALK TO YOUR PARENTS	JOIN SCHOOL CLUBS