


**PURPOSE** //////////////////////////////////////

- Promote activities that help reduce stress, anxiety, and boost mental health.

**OBJECTIVE** //////////////////////////////////////

- To build awareness of good mental health practices in daily life
- Use mental health bingo to promote mental wellness and raise awareness at your school.

**INSTRUCTIONS** //////////////////////////////////////

**Materials**

- Bingo Cards (example attached)
- Prize (pencil/pen, stickers, encourage-mints, stress balls, etc)

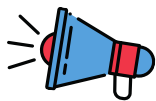
**Assembly**

1. Print blank bingo sheets
2. Use the example bingo sheet to create your own bingo card that is customized to your school
2. Pass out cards for students to participate
3. Collect cards

**Application**

- Use the example bingo card included or create your own bingo card that is customized to your school.
- Decide on a prize. This should be something small! Think pencils, encourage-mints, or something with an encouraging message. See other Awareness into Action Activities for ideas.
- Distribute cards to students who would like to participate. Decide who will collect cards and when they should be turned in by.
- Use this activity to encourage students to attend a Teen Empowerment club meeting (or your school's equivalent) and use that time to pass out prizes.
- Make this activity your own!

**A special thank  
you to Key Club  
members for the  
creation of this  
activity.**



**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



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Contact [Nathalia@ErikasLighthouse.org](mailto:Nathalia@ErikasLighthouse.org) for more information

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Name : \_\_\_\_\_

# MENTAL HEALTH BINGO

Complete all activities and return to \_\_\_\_\_  
by \_\_\_/\_\_\_/\_\_\_ for a special prize!

Complete a 5 minute  
meditation

how someone where  
the school  
counselor's  
office is

Leave  
someone a kind note

Identify a trusted  
adult or friend



**Erika's Lighthouse®**

Go for a walk

Attend a Teen  
Empowerment  
meeting

Post on social media  
about the  
importance of  
mental health

Sit with someone you  
don't know at lunch

Name : \_\_\_\_\_

# MENTAL HEALTH BINGO

Complete all activities and return to \_\_\_\_\_  
by \_\_\_/\_\_\_/\_\_\_ for a special prize!

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