



# Mental Health Bingo

## PURPOSE

- Promote good mental health practices at home
- Promote activities that help reduce stress, anxiety and boost mental health
- For family members to explore what helps them cope better, feel calmer, and less stressed

## OBJECTIVE

- Practice coping skills at home
- Building awareness of good mental health practices in daily life

## INSTRUCTIONS

### Materials

- Bingo Sheet (Pre-filled or Blank)
- Stamp, Marker, Stickers to mark activities completed
- Prize for the winner (Optional)

### Assembly

1. Choose the pre-filled bingo and start playing  
OR
2. Gather as a family and fill out your own family bingo with the activities that work for you or that you have been wanting to practice

### Application

- Gather your family to set a time when to begin bingo
- Place a stamp, mark, or sticker on an activity you accomplished
- Announce when you have 5 in a row (Horizontal, Vertical or Diagonal)
- Gather at the end of the week to discuss how the activity went and what activities you enjoyed the most.

### 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



@Erika's Lighthouse

# MENTAL HEALTH BINGO

Play bingo with your family members, see who reaches 5 in a row first! This card doubles as a coping skills list that you can use when you are stressed or overwhelmed.

Exercised for at least 30 minutes	Meditated	Danced	Played with a pet	Wrote in a Journal
Sent someone a positive message	Prepared a healthy meal	Watched the sunrise or sunset	Practiced Deep Breathing	Helped someone
Laughed	Ate a healthy meal	<b>FREE SPACE!</b>	Listened to my favorite music	Went for a walk
Took time to do a coloring activity	Read a book	Hugged someone	Had an evening off devices	Talked to a friend on the phone
Took a bubble bath	Performed a random act of kindness	Practiced positive self-talk	Organized/ Decluttered (Closet, cabinet, desk, etc.)	Practiced yoga

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