**School Policy & Development** Awareness into Action Activities ghthouse<sup>®</sup> Staff Wellbeing: Individual Growth Mental Health Binga 65 81 67 8 15 16 95

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

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

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#### **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 staff and fill out your own work bingo with the activities that work for you or that you have been wanting to practice

#### Application

- As part of a mental health day or week, invite your team to participate
- Place a stamp, mark, or sticker on an activity you accomplished
- When a staff member has five in a row, they can win a prize (Horizontal, Vertical or Diagonal)
- Gather at the end of the week to discuss how the activity went and what activities the team 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:





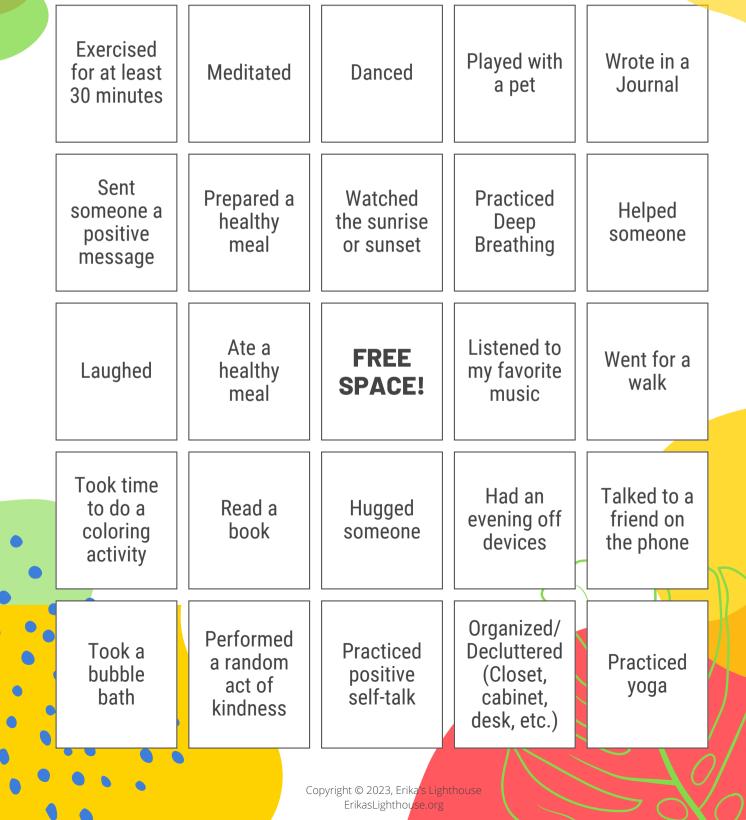






## MENTAL HEALTH BING

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.





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