

Mental Health Bingo!

(Adult Card #1)

Name: _____

Wake up early to watch the sunrise.	Go out after dark, find a star and make a wish!	Write down 2 things you are proud of: _____ _____	Cook a favorite dish from your childhood.
Go for a walk around the block.	Draw or paint a picture of your pet, friend, or yourself!	Write down 2 things you are good at. _____ _____	Write a letter to yourself for 1 year from now.
Make the silliest face you can and share it with your friends or family.	Sing a song, even if you think you're not a good singer!	Call, snap, or text a friend or family member to say "Hi."	Write down 2 things you want to accomplish this week on the bottom of this card. Reward yourself when you complete them!
Write down 3 things you are thankful for: _____ _____ _____	Do 25 jumping jacks in your PJs in the morning when you first get up.	Write a short story.	Listen to a new podcast!

Please share your cards by using hashtag [#31daysofwellness2020](#) when posting on Facebook!

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