

Mental Health Bingo!

(Child Card #1)

Name: _____

Draw a picture of yourself when you are happy!	Sing a song!	Have a mismatched clothes day!	Who is a person you can turn to when you are mad, sad, or worried? Write their name here: _____
Call a friend or family member to say "Hi."	Draw or paint a picture for someone	Create a superhero and name him or her	Write down 2 things you are good at
Make silly faces in the mirror for 5 minutes!	Read a book to your favorite toy	Write down 3 things you are thankful for	Use your words if you are frustrated
Make your bed	Give yourself a hug!	Dance to your favorite song!	Make a cozy corner or fort and sit quietly for 5 minutes

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

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