

Mental Health Bingo!

(Teen Card #1)

Name: _____

Remind your BFF of a funny memory!	Draw the reflection of your face in the mirror with a dry erase marker.	Ask how someone is and listen to what they say.	Make your bed.
Read a book.	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 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."	Dress in your nicest outfit.
Write down 3 things you are thankful for: _____ _____ _____	Build a blanket fort!	Write a story.	Listen to a new podcast!

Please share your cards by using hashtag [#31daysofwellness2020](https://www.facebook.com/CT.CONNECT.champions) when posting on Facebook!

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