

### 

- 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

## 

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

## 

### 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:









Family Engagement Parent Handbook Good Mental Health Resources

## MENTAL HEALTH BI

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.



Family Engagement Parent Handbook Good Mental Health Resources

# 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.

