

- 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:





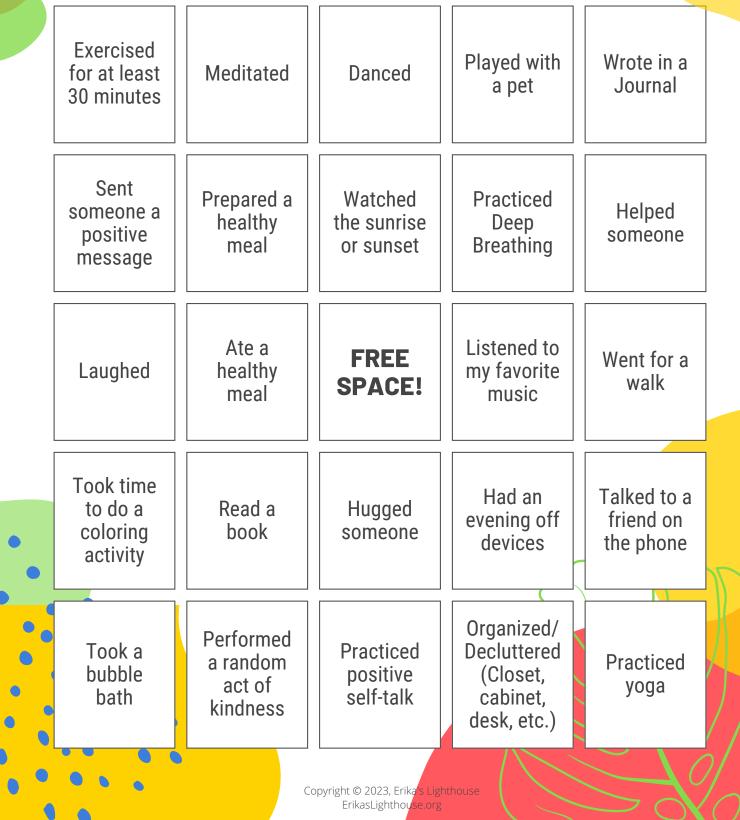




Family Engagement Parent Handbook Good Mental Health Resources

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.

