

# Mental Health BINGO

Yoga practice	Read a chapter of a book	1-minute sun flowering	No social media for a day	5 minute stretch break
5-minutes of floor time	Focus on one part of your body for 1-minute	Think if the latest thing to make you laugh	Pandiculate	Write a kindly worded letter to yourself
List 3 things you're grateful for	30-minute digital detox in nature		Practice earthing	Hydrate
Journal	1-minute deep breathing	1-minute happy baby pose	3-minute meditation break	1-minute stretch break
30 minute mental health walk	Prepare and enjoy a nourishing meal	No screen time 1-hour before bed	Have a nap	1-minute childs pose