

# 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                     |