

Mental Health Week **BINGO!**



TWO BLANK TEMPLATES!
WRITE YOUR OWN PROMPTS!

- Choose between the **Standard Bingo** (25 squares) or **Mini Bingo** (9 squares).
- Fill each square with actions that encourage you to appreciate the little things.
- Complete as many squares as you like, in any order, and at your own pace. There's no time limit!
- You can do the activities on your own or make it a group activity with friends, family or other people in your life.

When you've finished...

Start again! Building these actions into everyday life can support your wellbeing.

Make Your Own Mental Health Week **BINGO!**

				

Make Your Own MINI Mental Health Week **BINGO!**

