

# Mental Health Management Bingo

Positive coping strategies play an important role in helping us maintain good mental health.

Use this bingo game in your classroom to support your students by building awareness of mental health at school and in daily life.

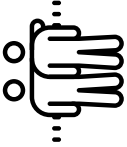
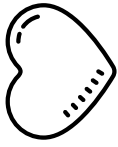
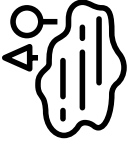
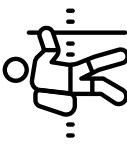





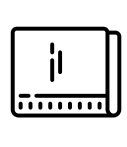

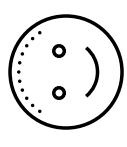
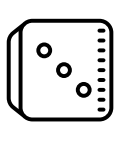





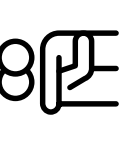
*Mental Health Management Bingo* can be a great way to open up discussions on this key element of overall well-being.

## Healthy Coping Strategies: BINGO!

- Before playing, hand out a copy of Mental Health Management Bingo worksheets to each student, as well as something to write with. Ask the class to take a look at their bingo sheets.
- *Mental Health Management Bingo* can be repeated with students' second favorite strategies if there is no winner the first time around.

## Instructions

1. To begin, read through each square at a time. As you go, ask your students whether the coping strategy matters to them, and try to find out which they find helpful when they are stressed or struggling emotionally.
2. Ask each student to note down the three coping strategies they find most useful when they are unhappy. Tell them to keep these hidden from other students, for now.
3. Explain why each coping strategy might be helpful for someone who has a mental health condition, such as depression, anxiety, or stress.
4. Next, invite the class to walk around with their sheets. They should ask their classmates for their favorite coping strategy, as well as a few questions about it. If a student has chosen e.g., "*Paint, draw, or write something,*" their peer might ask "*How does it help?*" "*What do you paint?*" "*How does it make you feel?*". With the answers to three strategies, students can cross off the corresponding box on their squares.
5. The first student to complete a row or column of checked boxes wins. Tell them to call out 'Bingo!'

<p>Repeat a positive affirmation:</p> <p>_____</p> <p>_____</p>	<p>Spend time with good friends</p> 	<p>Forgive yourself</p> 	<p>Enjoy nature</p> 	<p>Take a walk outdoors</p> 
<p>Talk to an adult that you trust</p> 	<p>Do some exercise</p> 	<p>My #1 Strategy:</p> <p>_____</p> <p>_____</p>	<p>Breathe in and out deeply for 2 minutes</p> 	<p>Have a good night's sleep</p> 
<p>Squeeze a stress ball</p> 	<p>Read a good book</p> 	<p>My #2 Strategy:</p> <p>_____</p> <p>_____</p>	<p>Paint, draw, or write something</p> 	<p>Stop thinking about the problem</p> 
<p>List three things you're grateful for:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Play a game</p> 	<p>My #3 Strategy:</p> <p>_____</p> <p>_____</p>	<p>Sing!</p> 	<p>Do something kind for someone else</p> 
<p>Donate to a charity you care about</p> 	<p>Compliment someone</p> 	<p>Celebrate an accomplishment</p> 	<p>Hug a pet or friend</p> 	<p>Buy someone a 'just because' gift</p> 