Mental Health Awareness Bingo

Instructions:

- Cut out the statement strips below.
- Hand out a bingo board to each player or pair of children.
- Hand out counters to cover the squares on the boards or tell children that they can cross out the squares when they are called.
- Explain to the children that they are going to be playing for a full row - vertically, horizontally or diagonally. When they have a full row, they can call out 'Bingo!'
- Randomly select a statement and read it aloud to the children for them to cover or cross out on their board.



Some people talk to a therapist about how they feel.	It's good to talk about the way we feel.	We may need help if we are feeling stressed.	Spending time in nature can help us to feel good.	Doctors and nurses can help us with mental health problems.
A trusted adult can help with mental health problems.	Some people find it helps to write down how they are feeling.	We can be there for others when they don't feel good.	Speak to someone when feelings get too big.	Exercise is good for our minds as well as our bodies.
Getting enough sleep is good for our mental health.	It's OK to not feel OK.	Everyone, everywhere, has mental health.	Mental health is just as important as physical health.	Connecting with others is good for our mental health.
Everyone deserves to get support with their mental health.	Mindfulness activities can help us calm our minds.	Be kind to yourself and others.	Mental health affects our feelings, thoughts and actions.	Childline can help with mental health concerns on 0800 1111.
We all have different worries and anxieties.	Doing hobbies we enjoy is great for our mental health.	Eating healthily can help improve our mood.	Learning new skills is great for our mental health.	We all have the right to feel however we feel.

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