

Extension Activities















Mental health bingo

daily MENTAL HEALTH BINGO













Begin your day with gratitude.	Disconnect from technology and social media for at least an hour.	Set a small goal each day.	Eat foods that nourish your body.
Monitor your shoulders. Are they from you or someone else?	Exercise for 30 minutes.	Take breaks from long work tasks.	Get adequate sleep.
Open up to someone.	Speak kindly to yourself.	Ask for help.	Send a thank you note to someone (or yourself!)
Keep doing enjoyed activities. Let go of pressure to start new hobbies.	Take time to acknowledge your feelings and remember they are "for now."	Spend 10 minutes in the sunshine.	Set and honor your boundaries.

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Emotions Bingo

 confused	 shy	 worried	 happy
 scared	 mad	 surprised	 bored
 embarrassed	 sad	 frustrated	 excited

Emotions Bingo

 surprised	 bored	 confused	 mad
 embarrassed	 excited	 worried	 happy
 sad	 frustrated	 scared	 shy

Conversation scenario activity



- **Inside the person** – What could this person do to prepare for and begin a conversation about their own mental health? What could they do/say?
- **Outside the person** – How could you support this person to have a conversation about their own mental health? What could you do/say?



Conversation scenario activity

