

MENTAL HEALTH

CHALLENGE BINGO

**DO 10 MINUTES
OF YOGA**

**FACETIME WITH
FAMILY**

**PLAN A
HEALTHY MEAL**

**HAVE A PHONE-
FREE NIGHT**

GO FOR A WALK

**TALK ABOUT
YOUR FEELINGS**

**COMPLIMENT
SOMEONE**

**WATCH A
FUNNY MOVIE**

**SCHEDULE A
GAME NIGHT**

**MENTAL HEALTH IS IMPORTANT AT EVERY STAGE OF
LIFE, FROM CHILDHOOD AND ADOLESCENCE
THROUGH ADULTHOOD.**

NAME: