

Stress Buster Bingo

Create positivity by completing these small, yet simple things that will reinforce a healthy mindset. Share over a meal or quiet time what you did that day! Decide what small reward or treat you or your children will get when the card is completed, which equals a bingo.

Listen to a favorite song. What is it?	Text, call or email someone you miss. Who was that person?	Read a story from a positive news outlet or a book with a positive message. What was the story about?
Paint/color/draw. Share it with someone!	FREE SPACE Tell us what you did!	Tell your favorite joke. Share it!
Watch a funny video. What was it about?	Exercise for at least 20 minutes. What did you do?	Do something you enjoy! What did you choose?
Cook or bake a favorite recipe. What did you make?	Write a letter and leave it in someone's mailbox. What did you have to say to them?	Download a mindfulness app and complete an activity. What activity did you complete?

Share how you worked on creating positivity by using **#KidsMentalHealthFoundation** on your social media.