




Wellness Bingo

1. Save or print out this card (half of a standard letter-sized page)
2. Mark off the squares as you do them
3. Take your time, enjoy each activity, and note how it makes you feel
4. Once you have a line (or more) marked off on your card, email it to kellyhope@gmail.com by May 10, 2021 for a chance to win some cool prizes! Include a selfie of you and your card or you completing one of the squares for an extra chance to win.

kellyhope@cmha.bc.ca

Add your own: _____ _____	 Laughed out loud	Gave myself a compliment	Gave someone else a compliment
Named something I'm grateful for	Got stuff done	Had fun	Took 10 deep breaths
Took a screen break	Moved my body	Drank water 	Ate something tasty
 Went outdoors	Called/texted someone I love	Checked out CMHA's programs and services ↓	Add your own: _____ _____

Check out our programs & services
northwestvancouver.cmha.bc.ca/programs-and-services

Winners will be emailed on May 11, 2021. Thanks for playing!
If you have questions, call Tessa at 778-2246-6062



Canadian Mental Health Association
North and West Vancouver
Mental health for all