

# SUMMER BINGO

Mental Health Edition: Presented by NLPS and Successful Families, Successful Kids

Get physical  
(go for a walk, stretch,  
dance, run around).

Write down or tell  
someone 3 things  
you are grateful for.

Get 8 to 10 hours  
of sleep.

Call, write or email  
someone.

Create artwork  
(make a craft, paint,  
draw, build Lego).

Do something nice  
for someone.

Give yourself  
a compliment.

Try something new.

Hang a positive sign  
in your window.

Write down  
or tell someone  
how you are feeling.

Be silly.

Listen to  
or sing a song.



Go a whole day  
with no screen time.

Play a board game.

Create a story or poem  
about something  
special to you.

Feel the sunshine  
on your face.

Find something  
that makes you laugh.

Read a book.

Walk in the grass  
or sand and notice  
how your feet feel.

Ask someone  
how their day was.

Play with water!

Spend time outside.

Try a food  
that is new to you.

Tell someone 2 things  
that you like or  
appreciate about them.

# NLPS MENTAL HEALTH BINGO

Student health and wellness is a priority for Northern Lights Public Schools. To continue this focus over the summer break, we are encouraging all students to take part in our Mental Health Bingo Challenge.

## HOW TO PLAY

1. Download and/or print the Mental Health Summer Bingo card.
2. Mark or cross off the activities that you complete.
3. Share photos (or have your parents share photos) of you participating in the activities to Facebook, Twitter or Instagram with the hashtag #LoveYourMind or #NLPSMentalHealth (this is not required to enter your name in the prize draw).
4. When you complete your card, take a screenshot, picture or scan of the completed card and send it to [communications@nlsd.ab.ca](mailto:communications@nlsd.ab.ca) with your name, grade and school that you attend. You will be entered to win a prize.
5. Each card can only be submitted once per student.

**The deadline to submit your cards is Friday, August 21, 2020.**

## MENTAL HEALTH ACTIVITY

### Bubble Breathing

Bubble breathing is a calming strategy that helps children focus on their breath in a fun way. You can use this to remind you of the steps in the strategy when you are outside blowing bubbles.

1. Breathe in through the nose
2. Breathe out through your mouth
3. Count the bubbles

### Bubble Recipe

- Large Cup
- 1/2 cup of dish soap
- 1 1/2 cups of water
- 2 teaspoons of sugar
- Bubble wands

Mix together and stir. Now go outside and blow bubbles!

For more Mental Health related activities that you can do with your family, check out the Mental Health section on our website:

[www.nlpsab.ca](http://www.nlpsab.ca)