

Twenty-Five Things you can do for your Emotional Health Bingo

Take a color walk.	Yoga to Reduce Anxiety	Listen	Do a random act of kindness	Journal or Write
Walk around your neighborhood & find: - 6 things that are red, - 5 things that are orange, - 4 that are yellow, - 3 that are green, - 2 that are blue, and - 1 thing that is purple.	www.yoginrainbow.com Yoga with Adirenne- yoga for teens on YouTube	Try out the following podcasts: - Stuff you Should Know - Stuff you Missed in History Class - MentalMusic.org - 411 Teen - Teen Wealth	(from a safe distance, of course) deliver cookies, take their dog for a walk, bring in their trashcans, etc.	What are ten things you are grateful for?
Try something new	Unplug from technology	Connect	Journal or Write	Watch
Learn to cook, origami, sign language, dancing...	Turn off your phone for 30 minutes after you wake up and for 30 minutes before bed.	Call or FaceTime (not text) someone you love	When do you feel most happy?	Try TED talks for teens: https://www.tedxteen.com/talks/ Or check out this Brene Brown one - it's a favorite of your counselors.
Practice Self Compassion	App Search	Smile!	Create a healthy space.	Complete YouScience profile
Finish the sentence, I love myself because...	Download apps that might help you focus more, manage your time, or calm you down.	Remember that you matter!	De- Cutter, clean and organize your bedroom	To learn more about YOU. Get passcode from your school counselor if you don't have it
Read	Engage in a fun hobby or a past childhood favorite	Journal or Write	Relax in nature	Practice Progressive Muscle Relaxation
Read something that will help your mental health	baking, puzzles, boardgames, coloring, cards, dance party...	What are five goals you have for yourself?	Lay in the grass and watch the clouds go by - use your imagination, what shapes do you see in the clouds? Or go stargazing at night.	From the top of your head down to the tips of your toes tighten and then release each muscle group
Send a meaningful note of appreciation	Breathe!	Learn Something New	Journal or Write	Get Creative
(text/ email/snail-mail) to someone who has made a positive impact on your life.	Yes, that's it for today - take 5 big SLOW deep breaths all the way down into your belly. In through nose out through mouth - SLOW!	Go to Lynda.com and type in your library card, take free class to learn something new	What are three things you could be doing now to take better care of yourself?	Express yourself in any fun ways. Draw, paint, color, collage, scrapbook, write poetry, play with clay/ Play-doh, build with Legos, etc.