

Mentally Healthy Icebreaker Bingo

Find ways that your friends keep mentally healthy.
Write a different person's name below for each activity.

Find someone who:

Contacted an old friend in the last month

.....

Has been, or is, a volunteer

.....

Has been out walking in nature this week

.....

Enjoys painting or drawing

.....

Plays a musical instrument

.....

Made something for friends/family

.....

Has the same favourite sport as you

.....

Has created something arty

.....

Is in the process of reading a book

.....

Has the same favourite song as you

.....

Learnt something new this week

.....

Has done something adventurous

.....

Helped a neighbour in the last month

.....

Played cards with friends this week

.....

Has written a poem or song

.....

Enjoys gardening or flower arranging

.....

Is teaching themselves a new skill

.....

Is a part of a dancing club

.....

Learnt a new recipe in the last month

.....

Played a board game this week

.....

For good mental health:

Act – do something!

Belong – do something with someone.

Commit – do something meaningful.

Being mentally healthy feels good! For more tips visit actbelongcommit.org.au

