

# Mentally Healthy Icebreaker Bingo

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

## Find someone who:

Made their bed this morning .....	Loves spending time with animals .....	Has been out walking in nature recently .....	Helped do the dishes last night .....	Plays a musical instrument .....
Visited family or friends recently .....	Is a part of a sporting club .....	Has created something arty recently .....	Is in the process of reading a book .....	Has the same favourite song as you .....
Learnt something new recently .....	Has done something adventurous .....	Helped a neighbour recently .....	Has the same favourite movie as you .....	Has written a poem or song .....
Helped with gardening .....	Regularly does chores at home .....	Enjoys dancing .....	Learnt a new recipe .....	Played a board game recently .....

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](https://actbelongcommit.org.au)

