

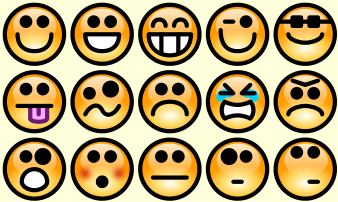
CHILDREN'S MENTAL HEALTH WEEK

6TH - 12TH FEBRUARY 2023

Let's **CONNECT**

Bingo

See how many of these you can tick off each day this week. You can use this Bingo card every week, not just this week!

Use kind words towards others  ☐	Play in a sports team  ☐	Spend quality time with a friend  ☐
Volunteer to help out  VOLUNTEERS ☐	Tell someone you trust how you feel  ☐	Say thank you to someone  ☐
Spend quality time with a family member  ☐	Ask for help from a trusted friend or adult if you need it  ☐	Act of kindness  ☐
Connect with someone on a phonecall  ☐	Connect with someone face to face  ☐	Connect with a friend online  ☐

www.mentallywellschools.co.uk

Evidence-informed FREE resources, programmes & CPD training

including DfE quality assured courses to improve student and staff mental wellbeing

