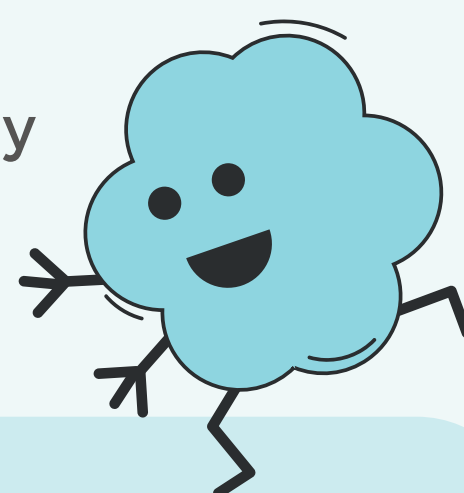


GOOD RELATIONSHIPS BINGO

TAKE MENTAL HEALTH VITAMINS!



- Ask your friend(s) questions or suggest activities.
- cross out the ones that you have already done
 - if you have finished one row, make a picture and share it with your friend
 - if you finish the whole bingo you can proudly call yourself a mental health friend.



When was the last time you laughed from the heart?	How are you doing? But how are you REALLY doing?	Tell your friend what you like about them	Thank you for...	Create yourself a blackboard for happiness, long-term goals and dreams
It is wonderful that you are...	Think of a good thing to do together	A competition to praise each other - how much good can you see in the other	What was the last thing that positively surprised you?	Lets play a fun game together!
What do you want to achieve and learn this year?	Send a cute, inspirational or funny video to your friend or partner	SMILE!	When you want to say something critical, say something nice instead	Make three good deeds secretly to your friend
Find something really amusing from todays news	Come up with happiness dance steps	Try something new that challenges you!	Do you know a good joke?	Move yourself! Go for a walk or a run or just spend time in the nature
Count all the times when you smile today	Play, go crazy and fool around	Make a small mistake intentionally and smile about it	Give your friend your full attention today	Write down things to be thankful for

