Bingo of well-being

Learning objectives

- Raise awareness about mental health.
- Develop self-awareness and self-reflection.
- Improve mental health and resilience.
- Prevent serious mental health issues.
- Promote positive Self-talk.
- Improve new good habits to develop mental health.

Participants

This activity is suitable for a wide range of age groups between 14 and 19, although it is particularly beneficial to introduce this method at an earlier age to establish and nurture healthy habits for mental well-being.
It is recommended to primarily engage **14-16-year-old students** in this activity. It serves as an introductory exercise, ideally accommodating a group size of **5-20 participants**.

Needed tools and resources

Prepare bingo sheets in advance, printing them with a 5x5 grid of good and easy-to-implement habits to foster resilience and promote mental health. We recommend utilising empty sheets for evaluation purposes.
You can find an example on the Balance website.
Additionally, gather colourful markers for the activity.

Duration of the workshop

The duration of the activity will vary depending on the number of participants and also their enthusiasm, ranging **from 1 to 1.5 hours**. We recommend allocating at least 1.5 hours to include sufficient time for warming up and debriefing.

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Description of the workshop

1 Energiser: Kick off the session with a lively game aimed at energising and engaging participants.

Example: Consider "The Button Factory," a stress-reducing and team-building activity. In this game, the facilitator leads participants in mimicking movements and reciting a narrative. The goal is to foster team spirit and break the ice. Movements and speech can vary, but here's a suggested approach:
Participants imitate pushing a large button with their right hand while saying, "Hi, my name is XY (use a neutral name outside the group), and I work in the Button Factory. Once my boss came and told me: 'XY, you are not working hard enough! Push the button with both of your hands.'"
Then, participants imitate pushing the button with both hands and repeat the same words. Next, they push the button with one of their legs, followed by both legs, hands, and the entire body simultaneously. Encourage continuous movements while the group repeats the narrative sentence by sentence.

2 Warm-up activity: Introduce an exercise where participants share their hobbies and positive habits related to mental health.

Example: Try a game of "Never Have I Ever..." Form a circle with chairs and have one facilitator stand in the middle. The person in the centre starts by saying a sentence beginning with "Never have I ever..." and continues with a hobby or good habit that brings them joy, such as "Never have I ever run 10 km." Participants who have done the mentioned activity must change seats, with neighbouring chairs blocked. The person left without a seat then says the next sentence, and the game continues for at least 6-10 rounds. In cases where the game is being used for bullying or other behaviours that cross boundaries, the should facilitator intervene.

3 Bingo of well-being

Provide each participant with a filled bingo sheet and encourage them to explore it independently, checking off the habits they currently practice to improve their well-being. Once they have completed their sheet, ask who has achieved a bingo and initiate a sharing circle where participants discuss the habits they are already engaging in. Following this, prompt participants to select another colour to mark the habits they wish to try. Repeat this cycle of sharing, allowing participants to offer advice to one another on trying new habits they have experience with. Encourage assertive communication, active listening, and empathy throughout the activity.

4 Debriefing

Conclude the workshop with an evaluation activity to assess participants' feelings and key takeaways. Provide empty sheets for participants to fill out, listing activities they currently practice and those they are willing to try. Encourage a diverse mix of habits and prompt participants to share one they enjoy and one they are eager to try. They can add activities by heart too. Establish a timeframe, such as one month, for participants to complete their bingo or fulfill all activities listed on the sheet. Plan for a follow-up meeting to share experiences and reflections after the designated period.

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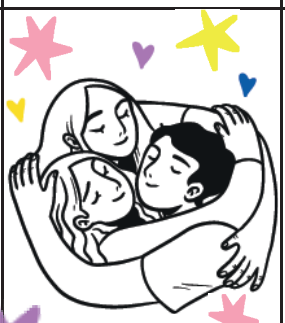
Have a “no-phone” day 				
			Listen an inspiring podcast 	
				
				Go to nature 
	Do some exercise