



Mental Health Awareness Week 2026

Wellbeing Bingo!

The theme this year is **Action**. This week, **choose at least ONE small action** each day to help your mind feel happy and healthy. Try to complete actions for yourself, others, and everyone.

Who can get a line of 3 or a full house by the end of the week?

For Yourself - Things that help me feel good inside

Pause: Take 5 slow, calming breaths.

Think of 3 things that make you happy.

Tell myself 'I can do this!'

For Others - Ways I can help everyone feel good

Write a kind note or message to someone else.

Help someone with a task or problem.

Ask how someone is feeling.

For Everyone - Ways I can help others feel good

Help keep the classroom tidy.

Help at home without being asked.

Smile and say hello to people around school.