

Kids Mental Health Bingo

Engaging in regular movement not only strengthens muscles, bones, and cardiovascular health but also uplifts mood and reduces stress by releasing feel-good endorphins!

Whether it's a brisk walk, a yoga session, or a dance class, each movement is a step towards mental equilibrium and inner peace.

Done some physical activity with a friend



Had a movement brain break



Learnt some yoga or stretches



Achieved something creative



Attended a Life Leisure Kids class



Been for a walk in a park or green space



Completed some breathwork



Done something nice for yourself



Hit a step count target!



Tried something new...



Dance, dance, dance!



Tick off as many things as you can above and think about how you felt after doing them. Have they had a positive impact on you and your mental health?



lifeleisure **kids**

**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024