

Brain-Healthy Bingo

Goal

Connect and spark conversations about stress and the different ways each person takes care of their brains to build resilience.

Materials

BrainHealthy Bingo card
Writing or Coloring Tools

Instructions

1. Give a Bingo card and writing tool to each person. This activity can be completed within a family or any group of your choosing.
2. Allot 10-20 minutes, depending on the size of the group, for each person to go around and chat with one another.
3. Connect with others by asking questions or sharing about yourself to find out the unique ways each person takes care of their brain by managing emotions and stress.
4. If a person uses a given brain-healthy activity on your sheet, have them sign the square.
5. Get 5 squares across, down, or diagonally and yell "BINGO!" The goal is to get 5 unique signatures, but this may not be possible in a small group setting.
6. Continue until the given time runs out.

Reflection Questions

- When were moments this activity allowed you to learn something new about a person in the group?
- This card included helpful ways of managing our human emotions during challenge moments. What are some less helpful or harmful ways you can think of?



BrainHealthy
Bingo

		Free Space!		