

THE GREATER PURPOSE PROJECT PRESENTS:

Mental Health BINGO



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|------------------------------------|-----------------------------------------------------|----------------------------------------|-----------------------------------------------|------------------------------------------------------|
| Bake something and share it | List 10 things you're grateful for | Write a kind note & give it to someone | Read or listen to your dog snore | Spend some time in nature |
| Text a friend a funny meme | Paint a rock and randomly place it for a stranger | Take a hike | Take a social media break (24 hours) | Create a gift for someone |
| Listen to your favorite song | Learn how to do something new | You pick! | Clean out your closet and donate some clothes | Give out five compliments today |
| Walk your pup or your friend's pup | Treat someone to a cup of coffee/tea | Sleep for at least 8 hours | Doodle, paint, sing, or write | Exercise or take a nap |
| Volunteer with a local org | Text a friend and tell them you're thinking of them | Journal about your day | Watch the sunrise or sunset | Make a list of fun things you want to do this summer |

Instructions: Complete 5 Mental Health Squares & Earn a BINGO!

For a chance to win a super cool prize...Take a photo of yourself with your completed card & or achieving one of the squares.

Email your photo to Team@TheGreaterPurposeProject.com OR

Tag [@GreaterPurposeProject](https://www.instagram.com/GreaterPurposeProject) on social media & use the #GPPBINGO!

Please submit on or before **May 31, 2023**.