



FNN Recreation Department Presents:

Mental Health Bingo

We challenge you to complete as many activities as possible over the month of May, prizes to be won!

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| Smudge | Be creative! Do a craft, bead, make a meal | Do something nice for someone you love | Call and take to a friend on the phone | Write down 3 things your grateful for |
| Go for a run, walk or bike ride in nature | Call and elder or a grandparent | Set a daily intention | Family Movie Night | Experiment with a new cooking/baking recipe |
| Dance! | Walk somewhere and take a nice picture | Walk or run on May 5th, wear something red | Take a photo of you on a nature walk | Take a photo of you making bannock/fry bread |
| Get ready as if you were going out on the town | Do something that makes you laugh | Read a book | Hang something positive on your window | Do 20 minutes of stretching or yoga (youtube videos) |
| Hang a red dress in your window or tree | Listen to music | Have a hot bath or shower | Declutter one space | Pick up a bag of garbage in your area |

Rules:

1 entry per household (open to all ages)

For every picture submitted; your name will be added to the prize list, the more you submit the better chance you have at winning each week!

1 winner will be announced each Friday at 3:00 p.m for the month of May.

Prizes can be picked up at the Meyosin Building during regular business hours or Shania can drop off at your home.

Photos can be submitted by texting Shania Laliberte at (250)-500-1076 or email at shania.laliberte@fnnation.ca during regular business hours. (8:30am-4:30pm)

