

## Activity 6 - Wellbeing bingo

All individuals' experience of school and mental health are specific to them, with no two experiences being the same. Through this activity participants should start to develop their awareness that personal experiences are affected by issues such as family, staff and environment. This activity highlights the diversity in a group.

### Aims

- To continue to develop communication skills through positive enquiry
- To encourage students to communicate with everyone within the group
- To demonstrate that we all have mental health and that a variety of factors impact on this

### Step 1: Introduction

Before beginning the activity remind participants of the importance of keeping themselves safe. Make reference to Activity 1 and the group contract.

### Step 2: Completing the statements

The task is to search and find an individual in the group that can honestly complete the statements on the bingo sheet. The facilitator should encourage all participants to be respectful to others through the activity and read out all the bingo card squares.

- Each statement must be signed by only one person from the group
- The individual must sign their name against the statement that applies to them on the answer card
- Each statement must be signed by a different individual from the group
- You may sign your own sheet once
- Once your answer card is full shout 'bingo!' and the facilitator will check answers



### Materials needed:

Bingo cards

Pens



**Step 3: Review**

This is an opportunity to get anecdotal information about experiences and start to consider positive/negative experiences and how these impact engagement with schools/peers.



- How did people find that?
- Was it difficult/easy? Why?
- Were there any similarities?
- Were you very different?
- What does that say about the priorities for young people?

## Activity 6 - Wellbeing bingo worksheet

Junior card			
I have someone in my life that looks out of me and cares about me...	I have to get public transport to school...	I'm surprised by how much everyone has changed since primary school...	I have seen someone being bullied or picked on...
My community is really youth friendly...	I have lots of support...	My school is great when I have problems...	My school is easy to get to...
I have a pet...	I have a brother/sister...	I don't talk about my feelings...	Sometimes I feel people don't listen to me...
I have physical health...	I use social media to communicate with my friends...	I get grumpy when I don't feel well...	I have mental health...
I think some people judge others...	I have met someone with a mental health problem...	I would know where to get help with mental health problems...	I am open about my feelings...

## Activity 6 - Wellbeing bingo worksheet

Senior card			
I have someone in my life that is really supportive...	I have to get public transport to school...	I'm surprised by how much everyone has changed in the past few years...	I have seen someone being discriminated against...
I feel welcome within my community...	I have lots of support...	I know where to get support within the school...	My school is easy to get to...
I have a pet...	I would be comfortable talking to school staff about my mental health...	I find it difficult communicating how I am feeling...	Sometimes I feel people don't listen to me...
I have physical health...	I use social media to communicate with my friends...	I am short-tempered when I feel unwell...	I have mental health...
I think some people judge others...	I have met someone with a mental health problem...	I would know where to get help with mental health problems...	I am open about my feelings...