**DGJMS #GetReaL Bingo**

In recognition of the Canadian Mental Health Association’s *Mental Health Week,* I am encouraging students and staff at DGJMS to take part in this #GetReal Bingo game. This week is *Social Connection* and we are hoping that even though we are not physically together, we can connect as we complete the squares of this game. This activity acknowledges that a person’s overall health and wellness is multi-dimensional and very much connected.

We hope that you will have fun with it. There is no limit to how many squares one person can complete, and squares can be completed more than once. See how many squares you can complete from May 4-10 and have fun!

The FUN PART: Staff and students can show us what they are up to in two ways:

1. Email a picture of yourself completing a box to Mrs. Croy (kelly.croy@esd.ca). You will need to make sure that your parents are aware and it is ok with them. We will be making a slideshow to share on our website.
2. Print off a bingo card if you want, mark your name clearly and then put an “X” over the boxes you complete. Take a picture and email it into Mrs. Croy.

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| **G** | **e** | **t** | **R** | **e** | **a** | **l** |
| **Send in a picture to Mrs. Croy of you completing one of the other boxes** | ***FREE*** | **Take a whole day off from social media** | **Try a guided meditation****\*Link below** | **Go for a bike ride** | **Try a workout with a family member** | **Watch and follow along with a breathing video****\*Link below** |
| ***FREE*** | **Create something (paint, draw, build, cook, write)** | **Take time to organize something in your room (bookshelf, drawers, closet)** | **Help to prepare a nutritious meal** | **Try these Coin games with a family member \*Link below** | **Email a teacher just to say hello** | **Listen to your favourite songs with a family member** |
| **Collect and paint a few Manitoba Rocks****\*Link below** | **Make some popcorn and watch a movie** | **Try a new food** | **Learn a new card game** | ***FREE*** | **Write down 5 things you are grateful for** | **Look at old family photos** |
| **Do 20 min (or more) of yard work** | **Take a nap** | ***FREE*** | **Surprise a loved one in a way that makes them smile** | **Read a book outside** | **Play a board game**  | **Create a dance routine to a favourite song** |
| **Go for a morning walk** | **Help to prepare a nutritious meal** | **Try an online Yoga video****\*Link below** | **Go to bed earlier than usual** | **Complete a puzzle** | **Give someone you a love a genuine compliment** | ***FREE*** |

Links:

Yoga: Yoga for Kids – Playful Poses (20:05 mins) <https://www.youtube.com/watch?v=HauE2uyOHJY>

Breathing video: Kids Meditation – Square Breathing (2:36 mins) <https://www.youtube.com/watch?v=YFdZXwE6fRE>

Guided meditation: Loving Kindness Meditation (3:24 mins) <https://www.youtube.com/watch?v=YRwQrzogy-g>

Coin games: <https://www.youtube.com/watch?v=8c4bTWXy_JI>

Manitoba Rocks: <https://www.cbc.ca/news/canada/manitoba/winnipeg-rocks-facebook-group-1.4738331>