



push for a healthy headspace bingo

A small push can build big things.

No matter what young people are going through, bringing in some healthy, simple practices to their day-to-day life can make a big difference to their physical and mental health.

The Push-Up Challenge and headspace have developed an activity for you to run in your classroom as part of The Push-Up Challenge! As we are talking about mental health and wellbeing, it's important to run this session mindfully, please read all instructions below prior to running the session.

playing school wide bingo

Play bingo with your whole school!

1. Use the Push for a healthy headspace bingo cards
2. Distribute the bingo cards to all students, teachers, and staff at the beginning of the week (these can be printed in black and white).
3. Set a deadline for completing a bingo line or full card by the end of the event, lunch break, day or week.
4. Students can mark off the items on their bingo card as they complete them throughout the timeframe.
5. Encourage participants to interact with each other and engage in various activities to complete their bingo cards.
6. At the end of the week, gather everyone together to announce the winners and celebrate their achievements.
7. You can offer prizes for those who complete a line, multiple lines, or a full card to make the game more exciting. Prizes can be things like; getting your school Principal to do 5 push ups to contribute to a team's tally or a donation to a student's The Push-Up Challenge fundraising.

Playing school-wide bingo over a week can be a fun way to promote The Push-Up Challenge!

classroom bingo

This activity has been designed to be run in the classroom with supervision, it should take approximately 10 minutes.

1. Use the Push for a healthy headspace bingo cards
2. Distribute the bingo cards to all students, teachers, and staff at the beginning of the week (these can be printed in black and white).
3. Set a timeframe for completing a bingo line or full card such as 10 minutes.
4. Students can mark off the items on their bingo cards by getting another student to sign their name next to a description that fits them.
5. Encourage participants to interact with each other and engage in various activities to complete their bingo cards.
6. At the end of the lesson, gather everyone together to announce the winners and celebrate their achievements.
7. You can offer prizes for those who complete a line, multiple lines, or a full card to make the game more exciting. Prizes can be things like; getting your school Principal to do 5 push ups to contribute to a team's tally or a donation to a student's The Push-Up Challenge fundraising.

For more small steps visit: headspace.org.au/smallsteps



Find someone that fits each description and get them to sign their name in the corresponding spaces.

8 for The Push-Up Challenge

Someone who has done a push-up today	Someone who has checked in on a friend this week	Someone who has raised funds for The Push-Up Challenge	Someone who has shared The Push-Up Challenge on social media
Someone who can remember today's Push-Up Challenge Mental Health Fact	Someone who has done all their push ups so far	Someone who has done something to improve their mental fitness this week	Someone who knows the number of push-ups to be completed in 24 days during The Push-Up Challenge

8 for healthy headspace tips

Someone with a new playlist	Someone who has read a book for fun	Someone who had an hour of screen free time today	Someone who spent time with a friend today
Someone who took 10 deep breaths today	Someone who learnt something new today	Someone who gave a compliment today	Someone who ate a healthy lunch today