**INSTRUCTIONS:**
Boost your mental health with each bingo block you complete! Fill in activity squares in any direction to complete your bingo or just go ahead and finish the entire playing sheet. Completed sheets need not be returned. If you or someone you know would like to learn more about increasing mindfulness and reducing stress and anxiety, turn this sheet over and check out the librarian-approved books and resources.

<table>
<thead>
<tr>
<th>Read a book set in the future</th>
<th>Get outside! Bundle up and go for a walk</th>
<th>Read a book with non-human characters</th>
<th>Eat a fruit or veggie new to you</th>
<th>Read a book from the library’s NEW shelf</th>
</tr>
</thead>
<tbody>
<tr>
<td>Try a 24-hour “technology fast” - no TV, internet or phone</td>
<td>Read a book by an Ohio author</td>
<td>Read a book about sports or an athlete</td>
<td>Download an e-book or e-audiobook from Overdrive, Libby or hoopla</td>
<td>Read a book with a heroine as the main character</td>
</tr>
<tr>
<td>Read a book published in 2021</td>
<td>Start your day with a glass of water</td>
<td>Read a book with any of the following: a lion, a witch, a wardrobe</td>
<td>Read a book that’s spooky or scary</td>
<td>Watch an episode of a new TV show or movie</td>
</tr>
<tr>
<td>Read a book based on a fairy tale or folktale</td>
<td>Read a graphic novel or comic book</td>
<td>Get at least 8 hours of sleep; power napping counts!</td>
<td>Read a book set in another country</td>
<td>Spend time with family/friends (virtual visits count, too)</td>
</tr>
<tr>
<td>Read while wearing your PJs</td>
<td>Read a book recommended by library staff</td>
<td>Read a book set in another country</td>
<td>Listen to your favorite song</td>
<td>Read a book with snow on the cover</td>
</tr>
</tbody>
</table>

**JANUARY 3-31 | FOR ALL AGES**

[worthingtonlibraries.org](http://worthingtonlibraries.org)
BOOKS

BABIES & TODDLERS
This tactile board book with scooped-out die-cuts and raised elements invites little readers to explore a range of emotions - from joy to anger - in a hands-on way.

When Grover is not feeling well, his mommy and Elmo each do things to help Grover get better.

A mother shows her children she loves them, but also explains that she needs some time to herself.

KIDS

Fiction
Children are offered reassuring advice about managing big feelings through communication, compromise and empathy.

Nonfiction
This guide offers advice for having tough conversations with 6 to 12 year-olds about world events such as natural disasters, terrorism and war. It addresses common questions and provides tools to calm fears. J 155.4124 HUE

With help from their Sesame Street friends, young readers learn about the good choices they can make every day, such as eating healthy foods, washing their hands, brushing and flossing their teeth, staying active and getting enough sleep. J 613 SCH

TEEN

With a focus on self-care, expression and being proud of your unique identity, the guide is packed full of invaluable advice from people who understand the realities and complexities of growing up trans. TEEN 306.768 FIS

Outlines daily practices that promote physical, mental and emotional health for young people making the transition to adulthood, including journaling, exercise, healthy sleep habits, time management and mindfulness. TEEN 613 HUG

Readers will learn how to calm their body, derail thoughts that fuel anger and learn how to communicate and de-escalate situations. TEEN 152.47 TOM

ADULT

Drawing on cutting-edge science on mindfulness, habit and behavior change, this information will shake up and simplify your health and wellness in the most necessary way. 158.1 DOW

This dynamic plan will help the whole family kick-start their health and wellness and set the stage for long-term, lasting improvements in nutrition, fitness, sleep, stress and screen use habits. 613.7 MUT

*Checking In: How Getting Real about Depression Saved My Life - And Can Save Yours* by Michelle Williams. 2021.
The acclaimed musical artist shares the intimate, never-before-told story of how, even in the midst of fame and success, she battled depression, leading her to find her true calling as an advocate for mental health - especially her own. 616.8527 WIL

WEBSITES

Active Minds - Self-Care
activeminds.org/about-mental-health/self-care/

Mental Health America - 31 Tips to Boost Your Mental Health
mhanational.org/31-tips-boost-your-mental-health