

The Space We Make:

For Inclusion. Bingo Challenge

How to Play

Pick one action per day, or challenge yourself to complete a row or the whole card.

- Reflect on how it made you feel and how others responded.
- Can be printed, shared digitally, or used as a personal reflection exercise.

Invite someone new to lunch or coffee	Say "thank you" to someone	Notice someone's effort	Offer to help someone	Ask someone "how can I support you?"
Thank someone for their contribution	Send an encouraging message	Invite feedback to your work or ideas	Share a fun fact about yourself	Share something positive
Recommend a mental health resource	Offer a compliment to a friend		Welcome a new employee or community member	Highlight a colleague's strength
Attend a community event	Learn something new about someone	Introduce two people who share a common interest	Give someone space to speak	Invite someone to collaborate
Check in with a colleague or friend	Invite a quieter voice to share	Listen actively	Learn about a perspective different from your own	Volunteer in your community



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you are in distress or supporting someone in distress, call or text 9-8-8 anytime. If it is an emergency, call 9-1-1 or go to your local emergency department.