

Wellness Bingo

Send an email to a teacher/student to thank them/visit their wall	Make cards for a nursing home	Drink only water for the day	Go outside for a 30 minute walk	Do 25 jumping jacks
Make a meal with your family	Do 3 sets of 5 push-ups	Have a healthy snack	Call a family member on the phone	Dance for 10 minutes
Read a book to a sibling/parent	Take a deep breath	Limit your screen time to less than 2 hours	Do the laundry	Give your sibling/P/G a compliment
Set 3 goals for the rest of the school year	Draw/color/paint for 30 minutes	Complete your supplemental assignments for the day	Sing a song	Get at least 10,000 steps for the day
Play outside for 30 minutes	Read a book for at least 30 minutes	Complete 5 chores	Brush your teeth	Plank as a family for 45 seconds

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