

# B I N G O

<p><b>GO FOR A WALK OR HIKE!</b></p>  <p>DATE: _____</p>	<p><b>EAT A HEALTHY SNACK!</b></p>  <p>DATE: _____</p>	<p><b>COMPLIMENT SOMEONE IN YOUR FAMILY!</b></p>  <p>DATE: _____</p>	<p><b>READ FOR 20 MINUTES.</b></p>  <p>DATE: _____</p>	<p><b>RIDE YOUR BIKE OR SCOOTER!</b></p>  <p>DATE: _____</p>
<p><b>HELP WITH CHORES.</b></p>  <p>DATE: _____</p>	<p><b>CALL SOMEONE IN YOUR FAMILY (GRANDMA/GRANDPA) JUST TO SAY HI.</b></p>  <p>DATE: _____</p>	<p><b>TRY YOGA!</b></p>  <p>DATE: _____</p>	<p><b>PLAY A GAME WITH YOUR FAMILY (CARDS, BOARD GAME, CHARADES, ETC.)</b></p>  <p>DATE: _____</p>	<p><b>DRAW A PICTURE OF SOMETHING YOU HAVE DONE DURING BREAK.</b></p>  <p>DATE: _____</p>
<p><b>TRY A NEW HOBBY OR ACTIVITY!</b></p>  <p>DATE: _____</p>	<p><b>READ FOR 20 MINUTES.</b></p>  <p>DATE: _____</p>	<p><b>FREE</b></p>  <p><b>SPACE</b></p>	<p><b>HELP PREPARE &amp; COOK A MEAL.</b></p>  <p>DATE: _____</p>	<p><b>GO FOR A WALK OR HIKE!</b></p>  <p>DATE: _____</p>
<p><b>PLAY OUTSIDE!</b></p>  <p>DATE: _____</p>	<p><b>WRITE A LIST OF 5-7 THINGS YOU ARE THANKFUL FOR.</b></p>  <p>DATE: _____</p>	<p><b>RIDE YOUR BIKE OR SCOOTER!</b></p>  <p>DATE: _____</p>	<p><b>EAT A HEALTHY SNACK!</b></p>  <p>DATE: _____</p>	<p><b>WRITE A POEM OR STORY ABOUT SPRING!</b></p>  <p>DATE: _____</p>
<p><b>WRITE &amp; SEND A LETTER TO A FRIEND OR FAMILY MEMBER.</b></p>  <p>DATE: _____</p>	<p><b>TRY AN ON-LINE VIDEO TOUR OR FIELD TRIP.</b></p> <p>WEBSITE: _____</p> <p>DATE: _____</p>	<p><b>MAKE A LEGO OR BLOCK CONSTRUCTION.</b></p>  <p>DATE: _____</p>	<p><b>PLAY OUTSIDE!</b></p>  <p>DATE: _____</p>	<p><b>HELP PICK UP LITTER!</b></p>  <p>DATE: _____</p>

# STUDENT BINGO CHALLENGE

We challenge EACH of you to try physical and mental health practices during our time away from school!

Starting TODAY until we return,, take part in the activities listed on the BINGO card. Each time you complete the activity in the box, date it!

GET A BINGO, and turn in your BINGO card when we return. (A reminder e-mail will be sent home) to claim a prize!

Win, DOWN, ACROSS, or DIAGANOL.



GOOD LUCK & HAVE FUN!