

Byron-Bergen Elementary School

“Building Healthy Behaviors Bingo!”

Challenge runs from March 1, 2020 through our return to school.

Completed cards need to be given to your PE Teacher when you return to school to be eligible for prize drawings.

Directions: Each time you successfully complete a square put an “X” over it! Each square is an individual challenge and counts separately. Get at least 2 Bingo lines and you will be eligible for a prize in your PE class. The class that has the most students complete an entire board will win an extra PE class!

B	I	N	G	O
Go for a walk with a family member	Say “Good Morning”, “Good Afternoon”, or “Good Evening” to someone	Do sit-ups or push-ups during all of the commercial breaks of your favorite TV show	Eat 2 servings of fruit in one day	Hold the door open for someone
No soda or sugary drinks for a day	Turn on your favorite music and dance for 10 minutes	Try a new form of exercise or a new sport	Donate clothing or toys to a local charity	Read a book for 20 minutes or have a family member or friend read to you
Try a new fruit or vegetable	Stop electronic device use one hour prior to bedtime	PLAY WELLNESS BINGO & SMILE!	Have your family park as far away as possible everywhere you go for a day	Floss your teeth for 5 days _____, _____, _____, _____, _____
Have an “electronics/technology free” Day	Eat 3 servings of vegetables in one day	Choose to eat a healthy meal at a restaurant with your family	Go to bed early and go for some GREAT sleep time!	Have a “no junk food or candy” day
Do as many squats as you can in 1 minute	Write down 5 things you are thankful for	Skip the sugar and eat a healthy snack	Drink 6 (8 oz.) glasses of water for one day	Help your family with household chores

