

Health: April 6-17, 2020

Mrs. King (megank@banks.k12.or.us)

Wellness Bingo

Write a letter to a friend and mail it	Draw or color a picture	WASH YOUR HANDS (all the time)	Complete a Random Act of Kindness	Drink 6-8 glasses of water per day
Back in the Day: Play a game that you did when you were younger	Go to bed and wake up at the same time every day (9 hours of sleep)	Have a Zoom/FaceTime "lunch" with friends	Write a list of 10 things you are grateful for	Leave a kind note for a family member to find
Continue to practice social distancing	No soda for 1 week	FREE SPACE	Try a new healthy recipe	Clean your room before you go to bed
Digital Detox: Don't use technology for 4 hours	Create an obstacle course to complete with family members	Complete a crossword puzzle	Watch a Netflix documentary related to health	Do 30 minutes of yoga
Help with a project outside	Brush and floss teeth 2x per day	Download a meditation app and practice for 10 minutes/day	Aerobic exercise for 30 minutes	Create a workout and send it to friends to complete

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Complete as many activities as you can to get a BINGO or "black out".

(If activities are a challenge due to technology access, please modify it to meet your needs) **HAVE FUN! -Mrs. King**