

B	I	N	G	O
Washing hands before meals	Avoiding screentime before bed	Exercising everyday	Skipping meals	Managing my time effectively
Drinking a glass of milk every day	Taking a bath every day	Reading every day	Coming late to school/class	Studying everyday
Watching television	Completing homework last minute	FREE	Keeping my room clean	Learning new things
Sleeping/Waking up late	Listening to elders	Saying please/thank you	Free	Playing video games
Drinking 6-8 glasses of water daily	Sleeping early	Drinking soda	Writing diary	Eating junk food for snacks

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Watching television	Writing diary	Coming late to school/class	Listening to elders	Drinking a glass of milk every day
Skipping meals	Learning new things	Exercising everyday	Playing video games	Completing homework last minute
Keeping my room clean	Avoiding screentime before bed	FREE	Free	Saying please/thank you
Eating junk food for snacks	Washing hands before meals	Drinking soda	Sleeping/Waking up late	Drinking 6-8 glasses of water daily
Managing my time effectively	Having a fruit every day	Studying everyday	Reading every day	Taking a bath every day

B	I	N	G	O
Sleeping/Waking up late	Free	Watching television	Eating junk food for snacks	Skipping meals
Sleeping early	Studying everyday	Writing diary	Listening to elders	Completing homework last minute
Saying please/thank you	Coming late to school/ class	FREE	Keeping my room clean	Exercising everyday
Having a fruit every day	Managing my time effectively	Drinking 6-8 glasses of water daily	Avoiding screentime before bed	Washing hands before meals
Taking a bath every day	Reading every day	Learning new things	Playing video games	Drinking soda