B	I	N	G	O
Wash Your Face	20 Minutes of Physical Activity	Do an outdoor activity	Make something Creative	Go Somewhere New
Dance!	Talk to a Friend	Listen to Someone Actively	Be Nice to Someone You Dislike	Sing!
Brush Your Teeth	List 3 things you are grateful for	**FREE**	Eat Something New	Sleep at Least 8 Hours
Eat a healthy snack	Play a Game	Floss your teeth	Make Your Bed	Drink Extra Glass of H20
Do something fun	Limit Screen Time	Clean Something You normally don't	Compliment someone	Meet Someone New

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B	I	N	G	O
Eat Breakfast	Brush Your Teeth	Eat Something New	Talk to a Friend	Be Nice to Someone You Dislike
Wash Your Face	Sleep at Least 8 Hours	List 3 things you are grateful for	Make something Creative	Limit Screen Time
Eat a healthy snack	Go Somewhere New	**FREE**	Dance!	Do an outdoor activity
Listen to Someone Actively	Wash Your Hands	Meet Someone New	Play a Game	Clean Something You normally don't
Compliment someone	Make Your Bed	20 Minutes of Physical Activity	Floss your teeth	Wear Sunglasses outside

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B	I	N	G	O
Wash Your Hands	Do Something You HATE	Brush Your Teeth	Meet Someone New	Dance!
List 3 things you are grateful for	Do a Good Deed	Wear Sunglasses outside	Be Nice to Someone You Dislike	Wash Your Face
Floss your teeth	Compliment someone	**FREE**	Make something Creative	Eat Something New
Do an outdoor activity	Eat Breakfast	20 Minutes of Physical Activity	Do something fun	Limit Screen Time
Make Your Bed	Talk to a Friend	Play a Game	Eat a healthy snack	Sing!

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