| B | I | N | G | O |
|---|---|---|---|---|
| Wear Sunscreen | 1 Hour of Physical Activity | Choose Water | Love Yourself | Floss your teeth |
| Bike to School | Wash Your Hands | Help a Friend | 5 Fruits and Vegetables | Limit Treats |
| Walk to School | Wear a Helmet | **FREE** | Avoid Sugary Drinks | Dance |
| Do a Good Deed | Play Sport | Eat Breakfast | Cover Your Sneeze | Grow a Garden |
| Choose a Healthy Snack | Be Happy | Limit Screen Time | laugh | Brush Your Teeth |



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| B | I | N | G | O |
|---|---|---|---|---|
| Wear a Helmet | 5 Fruits and Vegetables | Love Yourself | Bike to School | Help a Friend |
| Choose Water | laugh | Floss your teeth | Be Happy | Limit Treats |
| Do a Good Deed | Avoid Sugary Drinks | **FREE** | Dance | 1 Hour of Physical Activity |
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