

B	I	N	G	O
Talk to a Friend	Clean Something You normally don't	Drink Extra Glass of H2O	One thing I'm good at is _____	List 3 things you are grateful for
Do an outdoor activity	Stand up and show a stretch	Make something Creative	Compliment someone	Name 2 foods that are unhealthy
Sleep at Least 8 Hours	Wash Your Face	FREE	Dance!	Floss your teeth
Do a Good Deed	Go Somewhere New	Play a Game	Limit Screen Time	Sing!
Eat Something New	Make Your Bed	Eat Breakfast	Do Something You HATE	Meet Someone New

B	I	N	G	O
Wash Your Face	Play a Game	Name 2 foods that are unhealthy	Meet Someone New	Sing!
Dance!	Do a Good Deed	List 3 things you are grateful for	Do an outdoor activity	Make Your Bed
Compliment someone	Eat a healthy snack	FREE	Clean Something You normally don't	Limit Screen Time
Talk to a Friend	Do Something You HATE	Wash Your Hands	One thing I'm good at is _____	Make something Creative
Drink Extra Glass of H2O	Floss your teeth	Go Somewhere New	Eat Something New	Stand up and show a stretch

B	I	N	G	O
Do an outdoor activity	Sing!	Go Somewhere New	One thing I'm good at is _____	Clean Something You normally don't
Wash Your Face	Name 2 foods that are unhealthy	Drink Extra Glass of H2O	Do a Good Deed	Make Your Bed
Floss your teeth	Eat a healthy snack	FREE	Dance!	Compliment someone
Do Something You HATE	Sleep at Least 8 Hours	List 3 things you are grateful for	Eat Breakfast	Meet Someone New
Stand up and show a stretch	Talk to a Friend	Limit Screen Time	Eat Something New	Do something fun