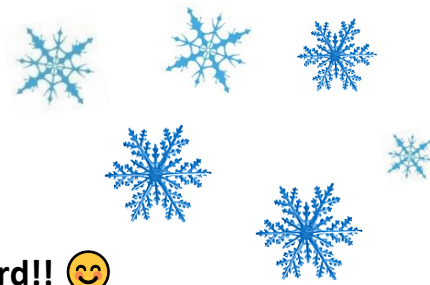


Winter Activities Bingo



See if you can complete 5 in a row – or fill out the entire card!! 😊

B	I	N	G	O
Help with cooking/preparing dinner one night	Try meditation or some fun yoga poses in order to relax	Have a dance party to some of your favorite songs	Find a fun exercise or activity video that you can do inside	Make a list of your favorite exercises - and do them each day this week
Go ice skating	Sing a song to someone	Practice gratitude- write down 3 things you are thankful for	Build a snowman	Try a new fruit or vegetable this week
Try snowshoeing	Check out a local trail (visit Maine Trail Finder or Kennebec-Messalonskee trails Websites)	FREE SPACE	Have a fruit or vegetable for snack	Go sledding
Have a snowball fight	Instead of watching TV, try reading a new book	Try blowing bubbles outside – see if they freeze!	Add an extra fruit or vegetable to 3 of your meals this week	Try reading the nutrition labels on one of your favorite foods
Do a puzzle	Try a new creative activity, like coloring or drawing	Drink an extra glass of water	Start today with a healthy breakfast	Play Simon Says with some friends

This bingo board is brought to you by your local Let's Go! 5-2-1-0 program that encourages healthy living.

Check out what your school is doing to participate in the Let's Go! Program! The program encourages you to eat **5** servings of fruits and vegetables per day, have **2** hours or less of recreational screen time, get **1** hour of physical activity per day, and drink **0** sugary beverages.

