



commit to be fit
Student Wellness Activities

WELLNESS BINGO

Complete 5 activities either vertical, horizontal, or diagonal.

*Videos can be found at www.rappc2bf.com/at-home-resources

B I N G O

Play a Backyard Game	Complete deep breathing exercises	Get at least 8 hours of sleep	Eat colorful fruits and veggies	Drink an extra big glass of water
Have a crab walk race with family	Have a treasure hunt	Create your own exercise routine	Play Simon Says with exercises	Play Twister
Play charades	Ride a bike	Complete the ABL Video *	Go for a family hike	Try the Student Squat Challenge Video *
Have a limbo challenge	Go for a family walk	Jump Rope for as long as you can	Have a dance party	Plant a garden
Spend lots of time outdoors	Try scarf juggling	Play a sport	Hula Hoop	Eat a healthy snack

Be sure to mark your scorecard by coloring in one rung on the ladder.