

## Student Healthy Lifestyles Bingo

(Mark the square if you have done this within the last week)

Ate a healthy breakfast	Walked to school	Read a book	Made a healthy snack	Talked about what I would like to eat for supper and how to make it
Got at least 8 hours of sleep each night	Played a card or board game	Thought happy thoughts	Did 60 minutes of physical activity in one week	Sang a song
Shared some jokes or riddles	Drank milk or water, instead of juice	<b>FREE</b>	Had 5 servings of fruits and vegetable in 1 day	Counted to 50 by 2's, 5's or 10's
Had whole wheat bread instead of white	Told someone about my favourite book and why I like it	Drank 3 glasses of milk	Told a story	Recited a riddle or rhyme
Ate unsweetened cereal	Did a hand game like rock, paper, scissors	Taught a younger person a song or rhyme	Played a physical game like soccer, hockey or baseball	Ate a healthy snack