Healthy Lifestyle Bingo Challenge

Can you complete the healthy lifestyle bingo grid? It is really important that we all stay active, healthy and think about our positive mental health. Try to complete the challenge in each square and ask an adult to sign each box on completion.

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| Swap all drinks for water for a day.  | As a family do some yoga or relaxation.  | Skip, run or jump for 2 minutes in your garden.  | Design and make a healthy smoothie.  | Play a ball game together.  |
| Grow your own fruit or vegetables, e.g. cress.  | Complete the plank challenge together.  | Create a feelings chart and talk to your family about how you are feeling each day. | Read your favourite book or share a story together.  | Make a leaflet or PowerPoint about your favourite sports.  |
| Challenge yourself to complete a puzzle or quiz.  | Swap your sweets and chocolate for healthier options.  | Dance around the living room to your favourite songs and sing out loud.  | Cook your favourite meal or bake a healthy treat.  | Get crafty by painting a picture or making a junk model.  |
| Arrange a ‘virtual playdate’ on FaceTime, Zoom or Skype so you can keep in touch with your friends.  | Paint or colour a rainbow to put in your window for other people to see.  | Eat salad or vegetables with your tea every night for a week. | Write a letter to your friend or family member and post it to them as a surprise.  | Make up your own exercise routine and to teach it to others in your house.  |

Below are some links that will give you more advice and guidance on maintaining a healthy lifestyle.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-advice-for-families-staying-at-home/>

<https://activeangelswell-being.co.uk/>

<https://www.twinkl.co.uk/>

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>