

Mind Over Matters

Wellness BINGO

Name: _____

Complete the wellness challenges to be entered to win great prizes. There will be classroom prize draws for students who submit their card, and additional prize draws for those who complete a line or a blackout.

Students who complete a blackout will be entered to win the grand prize, a NINTENDO SWITCH!

B	I	N	G	O
Watch something funny	Stretch before going to bed	Make someone laugh	Get 8 hours of sleep	Eat breakfast
Spend 30 minutes outside in the sunshine	Cross something off of your "to-do list"	Drink 8 cups of water for 3 days in a row	Go for a 30-minute walk outside	Complete a random act of kindness
Do 1 minute of jumping jacks	Do something kind for someone	Make yourself a priority!	Try a new fruit or vegetable	Spend time in nature
Ask someone you care about how they are doing	Try a new physical activity or exercise	Tell someone what you appreciate the most about them	Give someone you care about a hug	Take an evening off of social media or video gaming
Write 3 things you are grateful for before bed and read them when you wake up	Play an offline game with a family member or friend	Write a letter to yourself about all the things you love about who you are	Social media cleanse delete negative accounts & follow positive accounts	Write down a mistake you have made and what you learned from your mistake

www.saskatooniec.ca

SASKATOON INDUSTRY-EDUCATION COUNCIL
IN PARTNERSHIP WITH



RBC Future Launch



Saskatchewan