



Healthy Habits BINGO in the Spring

Complete as many activities as you can and return by _____

Enjoy fresh fruit	Prepare a healthy snack	Help a family member, neighbor, or friend with some outside spring cleaning	Enjoy fresh vegetables	Try a new fruit
Eat a meal with no screens	Limit screen time to 2 hours or less in one day	Try a new spring fruit or vegetable recipe	Dance to at least 3 of your favorite songs	Enjoy a healthy breakfast
Try a new vegetable	Go for a nature walk looking for signs of spring	FREE	Climb a tree	Challenge your family to go screen-free for 24 hours
Take a walk and search for flowers blooming	No recreational screens for a day	Splash in puddles	Put fruit in your water	Play outside for at least an hour
Get your heart rate up	Try a new healthy recipe	Track how many ounces of water you drink in 24 hours	Read a book or listen to story outside	Start seedlings

