



# Healthy Habits BINGO in the Winter

Complete as many activities as you can and return by \_\_\_\_\_

Enjoy fresh fruit	Dance in your house	Try adding frozen fruit to seltzer water	Enjoy fresh vegetables	Try a new fruit
Eat a meal without a screens	Limit screen time to 2 hours or less in one day	Shovel snow for your family, friends or neighbors	Build a snow sculpture or cave	Enjoy a healthy breakfast
Try a new vegetable	Go for a winter nature walk	FREE	Climb a tree	Make an indoor obstacle course
Go sledding or ice skating	No recreational screens for a day	Find a vegetarian recipe to make for your next meal	Track how many glasses of water you drink in one day	Play outside for at least one hour
Get your heart rate up	Try a new healthy recipe	Try a 24-hour screen free family challenge	Read a book or listen to a story in place of screens	Help make dinner

