

Family Wellness Bingo

Since families are now at home and they might be wondering what to do with all their extra time, here is a Wellness Bingo to participate in. All you need to do is complete the boxes by crossing them off, and the blank boxes are for you to put your own wellness activities in. Have fun and stay healthy!

<i>B</i>	<i>I</i>	<i>N</i>	<i>G</i>	<i>O</i>
I was on electronics less than 2 hours today.	I ate a fruit or vegetable for a snack each day this week.	I drank 6 cups of water today.		I visited the In Motion website http://www.saskatchewaninmotion.ca/
I read a book today for 30 minutes or more.	I wash my hands with soap & warm water while singing the ABCs (or another favourite song)	I helped cook a meal today.	I played a board game or cards today.	I had at least 2 servings of whole grain products each day this week.
	I helped clean the house today.	I told someone about the benefits of physical activity.	I played outside today.	I didn't drink pop this week.
I had at least one meal each day this week without any technology. (no phone, TV, videos, etc.)		I wrote a letter and sent it to someone (maybe a relative or someone in a care home)	I visited http://www.push2play.ca/ and played one or more of the games.	I ate a healthy breakfast this morning.
I worked on a puzzle today (actual puzzle, word puzzle, or puzzle on the computer)	I had at least half of my plate with vegetables and/or fruits at one of my meals today.		I did one of the physical activities off the 150 Playlist on the back.	I had fun participating in this Wellness Bingo!



In 2017 Canada celebrated 150 years, and this ParticipACTION 150 Play List was created! Many of the activities are symbolically numbered—can you pick them out? No explanation is required for #99 (hockey). How about #4 (swimming), acknowledging the number of medals Olympic swimmer Penny Oleksiak won in Rio, and #126 (basketball) representing how many years ago the sport was invented in Canada? Have fun trying many of these great activities!

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|---------------------------|---------------------------------|-----------------------------------|
| 1. Canoeing | 51. Gardening | 101. Swinging (Swing Set) |
| 2. Cycling | 52. Table Tennis | 102. Lawn Mowing |
| 3. Knuckle Hop | 53. Capture the Flag | 103. Obstacle Course Racing (OCR) |
| 4. Swimming | 54. Ringette | 104. Hacky Sack |
| 5. Curling | 55. Hopscotch | 105. Fencing |
| 6. Wheelchair Basketball | 56. Tennis | 106. Fruit Picking |
| 7. Water Polo | 57. Chopping Wood | 107. Hide and Seek |
| 8. Skating | 58. Rowing | 108. Tai Chi |
| 9. Pilates | 59. Hula Hooping | 109. Scootering |
| 10. Archery | 60. Gymnastics | 110. Football |
| 11. Cricket | 61. Dog Sledding | 111. Tree Planting |
| 12. Soccer | 62. Water Skiing/Wakeboarding | 112. Monkey Bars |
| 13. Diving | 63. Surfing | 113. Bird Watching |
| 14. Golf | 64. Shoreline/Community Cleanup | 114. Fitness Activities |
| 15. Aquafit | 65. Paddleboarding | 115. Snowmobiling |
| 16. 5-Pin Bowling | 66. Polar Bear Dip | 116. Highland Games |
| 17. Camping | 67. Squash | 117. Scavenger Hunt |
| 18. Mini Putt | 68. Downhill Skiing | 118. Ladder Toss |
| 19. Walking | 69. Building A Snowman | 119. Wrestling |
| 20. Karate | 70. Rugby | 120. Netball |
| 21. Badminton | 71. Orienteering | 121. Tug of War |
| 22. Dragon Boating | 72. Billiards | 122. Pillow Fight |
| 23. Athletics | 73. Boxing | 123. Grounders |
| 24. Horseshoes | 74. Potato Sack Racing | 124. Sailing |
| 25. Volleyball | 75. Skateboarding | 125. Triathlon |
| 26. Stick Pull | 76. Cross Country Skiing | 126. Basketball |
| 27. Yoga | 77. Baseball | 127. Disc Golf |
| 28. Tobogganing | 78. Dancing | 128. Croquet |
| 29. Snowshoeing | 79. Ultimate Frisbee | 129. White Water Rafting |
| 30. Quidditch | 80. Running | 130. Kickball |
| 31. Kin-Ball | 81. Field Hockey | 131. Marco Polo |
| 32. Snowball Fight | 82. Kayaking | 132. Snow Shovelling |
| 33. Housework | 83. Handball | 133. Taekwondo |
| 34. Horseback Riding | 84. Boccia | 134. Slacklining |
| 35. Jump Rope | 85. Floorball | 135. Circus Arts |
| 36. Axe Throwing | 86. Broomball | 136. Synchronized Swimming |
| 37. Rock Climbing | 87. Dog Walking/Agility | 137. Shuffleboard |
| 38. Softball | 88. Sledge Hockey | 138. Folk/Cultural Dances |
| 39. Geocaching | 89. Judo | 139. Hunting |
| 40. Snow Fort Building | 90. One Foot High Kick | 140. Bean Bag Toss |
| 41. Building A Sandcastle | 91. Goalball | 141. Sitting Volleyball |
| 42. Snorkelling | 92. Rollerblading | 142. Roller Derby |
| 43. Tag | 93. Doubleball | 143. Baton Twirling |
| 44. Pickleball | 94. Lacrosse | 144. Snowsnake |
| 45. Weightlifting | 95. Trampolining | 145. Raking Leaves |
| 46. Washing Your Car | 96. Beach Volleyball | 146. Side Reach |
| 47. Dodgeball | 97. Cheerleading | 147. Bocce/Pétanque |
| 48. Tree Climbing | 98. Snowboarding | 148. Drumming |
| 49. Flying A Kite | 99. Hockey | 149. 4-Square |
| 50. Lawn Bowling | 100. Fishing | 150. Hiking |

