PTA COUNCIL

Healthy Habits

BINGO

Check out these healthy activities and habits for your mind and body. Can you do 5 in a row and get Bingo? Do what you need right now.

get your shots up to date	bike or walk to school	firearms locked away	do a meditation	take a nap or go to bed early
drink 5+ cups of water today	do some gardening	do something kind	have a sugar-free snack	think of something you're grateful for
try a yoga class or video	make some art or color	**breathe**	write what you're feeling	tell a joke, laugh!
play or exercise	spend time with an animal	do a fun challenging puzzle	long talk with a friend	try a meatless meal
read for fun	time in nature	tell a grownup how you are	take a shorter shower	listen to calming music

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