

UNION VALLEY WELLNESS BINGO

NAME:

CLASS:

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<p style="text-align: center;">Go For A Bike Ride</p> 	<p style="text-align: center;">No Soda Pop For A Week</p> 	<p style="text-align: center;">Family Member Participates With You At Laps For Learning on Sept. 21st at BHS</p>	<p style="text-align: center;">Try A New Fruit or Veggie</p> 	<p style="text-align: center;">Play a Board Game With Family</p> 
<p style="text-align: center;">Go Golfing or Putt Putt Golf</p> 	<p style="text-align: center;">Go To Bed 15 Minutes Early</p> 	<p style="text-align: center;">No Fast Food For A Week</p> 	<p style="text-align: center;">No TV For One Night</p> 	<p style="text-align: center;">Eat Breakfast Everyday For a Week</p> 
<p style="text-align: center;">Unplug/Turn Off Electronic Devices For a Day</p> 	<p style="text-align: center;">Go For a Family Walk</p> 	<p style="text-align: center;">FREE SPACE</p> 	<p style="text-align: center;">Visit A Playground and Have Fun!</p> 	<p style="text-align: center;">Participate In An Organized Running/Walking Event Such As A 5K Or Other Specialty Races</p>
<p style="text-align: center;">Play Your Favorite Sport Outside</p> 	<p style="text-align: center;">Make Your Own Fruit Smoothie</p> 	<p style="text-align: center;">Go To www.sanfordfit.org/fitboost/ And Move With FitBoost!</p> <p style="text-align: center;">Have Fun!!!</p>	<p style="text-align: center;">Drink 8 glasses of water</p> 	<p style="text-align: center;">Go On A Hike.</p>  <p style="text-align: center;">Dillion Nature Center has Great Trails</p>
<p style="text-align: center;">No Junk Food Day!</p> 	<p style="text-align: center;">Log On To eatingwell.com and find a nutritious recipe for dinner.</p>	 <p style="text-align: center;">Walk or Jog on our UV Path on the Playground for 30 minutes</p>	<p style="text-align: center;">Have A Dance Party! Dance to 3 songs in a row</p> 	<p style="text-align: center;">Play An Outdoor Lawn Game</p> 



UNION VALLEY WELLNESS BINGO



K-5 grade students can participate in our
Union Valley Wellness Bingo Challenge!

We will be giving away four \$25 Hutch Putt Gift Cards
to the Winners!!!!

How to Play:

1. Look at the Bingo Card on the reverse side.
2. If you complete an activity in a square, then circle that square.
3. In order to get Bingo, you need to get 5 in a row (Vertically, Horizontally or Diagonally).
4. Every time you get Bingo, your name will be entered into the prize drawing.
 - You may get Bingo up to 5 different ways, but you must use the same card
 - For each additional Bingo that you get, your name will be entered again for the prize drawing.
 - *For example, if you get 3 Bingos, then your name is entered 3 times into the drawing.
 - *The maximum number of Bingos that you are allowed to get is 5 unless you get a “blackout card” (see below)
 - If you get a “blackout card” (you completed every square), then your name is entered a total of 10 times into the prize drawing.

When Does it Start:

Union Valley Wellness Bingo starts on September 13th and ends on October 22nd.

All Bingo Cards must be turned in by OCTOBER 25TH to Mrs. Siemens to be eligible for the drawing.

How Do I Win:

Your name will be entered in a random drawing based on the number of Bingos you get. The drawing will take place at school on October 30th!

**Contact Mrs. Siemens at m Siemens@usd313.org if you have any questions!

