

Wellness Week Bingo

Your students have probably played bingo before... Now, play Herren's version - Wellness Bingo! Share the following information with your students & encourage them to practice wellness, celebrate healthy living and be themselves!

Objective for Students: Participate in wellness-related activities & strive for at least 5 checked boxes in a row. Up/down, left/right, diagonal. Even fill the whole card!

Instructions: Print out the Wellness Bingo cards on page 2 and distribute them to your class on the first day of Wellness Week, Monday, March 2nd. Encourage your students to work towards crossing off as many of the squares as they can throughout the week. Once a student gets bingo, instruct them to hand the card back to you and they'll be entered in Herren's bingo contest! Find different, fun ways to encourage them to play with small prizes, classroom-wide wellness activities and/or lunchtime gatherings to practice wellness and cross off bingo squares together.

On Friday, March 6th, email the name of each student that completed bingo and your school name to prevention@herrenproject.org. All students who got bingo will be entered into a drawing to win a Wellness Week with Herren prize. Winners will be emailed and announced on social media Monday, March 9th.

WELLNESS

B I N G O

| | | | | |
|--|---|----------------------|--|--|
| Shut off your phone for one hour (or more) | Help a teacher | Take a walk outside | Exercise for 20 minutes | Eat a healthy breakfast |
| Hold the door for the person behind you | Invite someone new to sit with you at lunch | Get 8 hours of sleep | Post a positive quote on social media #wellnessweek | Ask about joining a new club at school (Herren Project Clubs) |
| Ask for help | Set a new goal - cross off a met goal | SMILE | Start a journal or gratitude list | Leave a note on someones locker that states their best qualities |
| Walk away from any drama | Help decorate a wall/board in the hallway with positive vibes | Forgive someone | Take a break. Sit in a quiet place and breathe | BE YOU Find a positive way to express yourself (dance, draw, sing) |
| Start a conversation with someone older than you about their high school years | Play a game (tic tac toe, catch, dice) | Color a picture | Start a donation bin in your school (clothes, food, books) | Write a positive affirmation I AM... |

WELLNESS

B I N G O

| | | | | |
|--|---|----------------------|--|--|
| Shut off your phone for one hour (or more) | Help a teacher | Take a walk outside | Exercise for 20 minutes | Eat a healthy breakfast |
| Hold the door for the person behind you | Invite someone new to sit with you at lunch | Get 8 hours of sleep | Post a positive quote on social media #wellnessweek | Ask about joining a new club at school (Herren Project Clubs) |
| Ask for help | Set a new goal - cross off a met goal | SMILE | Start a journal or gratitude list | Leave a note on someones locker that states their best qualities |
| Walk away from any drama | Help decorate a wall/board in the hallway with positive vibes | Forgive someone | Take a break. Sit in a quiet place and breathe | BE YOU Find a positive way to express yourself (dance, draw, sing) |
| Start a conversation with someone older than you about their high school years | Play a game (tic tac toe, catch, dice) | Color a picture | Start a donation bin in your school (clothes, food, books) | Write a positive affirmation I AM... |