

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...

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