

HEALTH AND WELLNESS FAMILY BINGO CHALLENGE (March 23 - 27, 2020)

Student Name: _____ Class: _____

DIRECTIONS: Feel free to do this as a family if you are up for the challenge! Complete as many squares as you can.

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| <p style="text-align: center;">Play Rock Paper Scissor with a family member.</p> <p>If you win = Floss dance for 30 seconds</p> <p>If you tie = Do 10 Partner Sit -ups hand clap + 4 Burpees</p> <p>If you lose = Do 15 push-ups</p> <p>Suggestions: Play with your Family Member Make up your own game</p> | <p style="text-align: center;">Food Labelling</p> <p>Find a Food Label on the side of a box of Food called NUTRITION FACTS</p> <p>How many Sugars do you see? _____ Do that many jumping jacks (example 26 grams, do 26 jumping jacks)</p> <p>How many Carbohydrates? _____ Do that many push ups</p> <p>How much Fat? _____ Do that many crunches or sit-ups</p> <p>How much Protein? _____ Do that many Mountain climbers</p> <p>Repeat this activity with 2-3 other food labels.</p> | <p style="text-align: center;">Mindfulness Matters</p> <p style="text-align: center;">Perform Hot Chocolate Breathing for 10-15 minutes</p> <p style="text-align: center;">-Lay down -Relax your body -clear your mind</p> <p>-Smell the Hot Chocolate (breathe in through your nose)</p> <p>-Cool off the Hot Chocolate (Exhale/Breathe out through your mouth)</p> <p style="text-align: center;">-Repeat</p> <p>-While doing this deep breathing, imagine you are at your favorite place.</p> |
| <p style="text-align: center;">Set The Menu!</p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy. Be sure to include the 5 food groups!</p> <p>GRAINS VEGETABLE FRUITS PROTEIN DAIRY</p> <p>Don't forget to drink your water too!</p> | <p style="text-align: center;">Free Space!</p> <p style="text-align: center;">Students are encouraged to participate in moderate to vigorous physical activity daily.</p> <div style="text-align: center;">  </div> | <p style="text-align: center;">Active for 60 minutes everyday!</p> <p>Do 60 exercises!</p> <p>10 jumping jacks 10 push-ups 10 mountain climbers 10 Crunches or Sit-ups 10 Lunges 10 Burpees or Squats</p> <p>Extension: Can you create your own series of exercises? Can you repeat it?</p> |
| <p style="text-align: center;">Physical Fitness Challenge</p> <p>Arm Muscular Strength Hold your arms straight out to your side and see how long you can stay in this position. Write down your time.</p> <p>Plank Muscular Endurance Hold a plank position (elbows or push-up style) and aim for the amount of minutes in your grade level (Example 1st = 1 minute)</p> <p>Jog in Place (Cardiovascular Endurance) How long can you jog in place without stopping? Aim for the amount of minutes in your grade. Example 4th = 4minutes. Write down your time.</p> | <p style="text-align: center;">Teach hand washing skills to family members</p> <p>From the CDC:</p> <ol style="list-style-type: none"> 1. Wet hand with clean water 2. Lather and scrub- sing the happy birthday song twice 3. Rinse with clean water 4. Dry-Using a clean towel or air dry. <p>Extension: Create a poster and hang in your home.</p> | <p style="text-align: center;">Create your OWN Physical Education Warm-up</p> <p>Design a warm-up that could be done in your living room, basement, family room, back yard or anywhere in your house that is safe</p> <p>Once you have it written out or drawn out on a piece of paper then teach to a family member(s)</p> <p>Use ideas from your Physical Education teacher.</p> <p>If you cannot create one then teach your family one that you learned in class.</p> |

