


Wellness BINGO

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<p>Find a "Just Dance" on youtube and give it your all! No internet? No problem, turn on your radio and free dance!</p>	<p>Get the recommended 8-10 hours of uninterrupted sleep!</p> <p>It is also recommended to have consistent bed and wake-up time.</p>	<p>Teach yourself to juggle.</p> <p>Practice over and over. Record a video of you juggling 3 things Hint: light scarves work great</p>	<p>How long can you hold a "Stork Stand?"</p> <p>Record your best time</p>	<p>Work out your brain by doing a puzzle! This could be a puzzle with pieces or something on paper like a crossword, sudoku or word search.</p>
<p>Did you know that a Whopper has 12 grams of saturated fat?</p> <p>Do 12 lunges!</p>	<p>Write some positive messages on sidewalks around your neighborhood using chalk</p> <p>We've Got This!</p>	<p>Challenge someone in your home to a front plank contest, OR time yourself and see how long you can last!</p>	<p>Play catch with a rolled up sock or other soft item.</p> <p>How many can you catch without dropping?</p>	<p>Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Bonus points for looking up the anatomically correct name for each muscle!</p>
<p>Do Savasana (corpse pose) for 10 minutes and focus on taking slow, deep breaths.</p> <p>Focus on your breathing and clearing your mind</p>	<p>Find someone to do 40 jumping jacks with!</p> <p>Ask a family member, facetime a friend, or do them in a mirror by yourself!</p>		<p>Did you know donuts have ~280 calories?</p> <p>Jog in place for a 280 count. OR 28 - 10 counts OR 14 - 20 counts.</p>	<p>Do 50</p> <p>Lunges</p> <p>(in a row or in small sets on each leg)</p>
<p>Jump as high as you can 10 times in a row</p>	<p>While standing on one foot, reach down and touch the floor.</p> <p>Can you do it more than once? How many in a row? How about on the other foot?</p>	<p>How long can you keep a balloon air- born by only tapping it?</p> <p>What about a soft ball? Don't break anything!</p>	<p>Do the Macarena Push Up Dance (the Macarena while in a push up position)</p> <p>How long can you last? The whole song is nearly impossible!</p>	<p>What do you notice around you?</p> <p>Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste.</p>
<p>Name the provinces and territories while performing squat jumps.</p>	<p>Get Up Challenge Sit on the floor. Try to get up without touching your hands to the floor. Challenge a family member. Youth tend to win this challenge:)</p>	<p>Hold a plank while reciting the names of the months 5 times.</p>	<p>Research the yoga pose- WARRIOR.</p> <p>Use this pose daily.</p> <p>Hold for slightly longer periods of time</p>	<p>Go for a 20 min walk around your neighborhood with your parents</p> <p>Be careful to maintain your social distance and wash your hands when you get home</p>