



healthpoweredkids™
by Allina Health

Name _____

To get a BINGO please put a 😊 in the box of the activity you did. Once you have 5 😊's in a row (horizontal, vertical or diagonal) you've completed a BINGO. Congratulations!

B	I	N	G	O
Brush your teeth twice in a day	Get at least 9 hours of sleep	Be physically active for 60 minutes	Eat 5 fruits and vegetables	Play at a playground
Eat 5 fruits and vegetables	Eat something with whole grain	Be still and quiet for 10 minutes	Be physically active for 60 minutes	Drink 3 more glasses of water
Take a bath/shower	Enjoy a day without screen time	FREE	Try a new fruit or vegetable	Stretch for 10 minutes
Make your own healthful snack	Walk or run for 30 minutes	Floss your teeth	Try a new healthy meal with your family	Enjoy nature – dig for worms or find a dragonfly
Ride your bike or scooter for 20 minutes	Sit in the grass and breath deeply	Avoid sugary drinks	Jump rope or hop for 5 minutes	Wash your hands before a meal

Health Powered Kids™ is a program designed by Allina Health to help kids ages 3-14 make healthy lifestyle choices. Check out www.healthpoweredkids.org for more kid friendly activities and to help the kids in your life become Health-Powered.

Category Key:

Being active = Purple

Eating well = Green

Finding balance = Orange

Keeping clean = Blue