



healthpoweredkids™
by Allina Health

Name _____

To get a BINGO please put a 😊 in the box of the Power Chargers you completed. Find a list of Power Chargers at www.healthpoweredkids.org/power-chargers/. Once you have 5 😊's in a row (horizontal, vertical or diagonal) you've completed a BINGO. Congratulations!

B	I	N	G	O
Star Burst	Space Pose: Moon Walk	Animal Pose: Sea Turtle Relaxation	Heart Walk Activity	Fill My Plate
Mobile Math	Squats	Tricep Dips	Sort It	Beetle on Back
Sort it	Opposite Hunt	FREE	Daily Rule	Ruler/Tape Jumps
Chair Fun: Leg Extensions	Arm Burners	Practice Empathy	How do you say it?	Animal Pose: Relaxed Monkey Pose
Space Pose: Shooting Star	Clean a Mess	Practice Spelling Words	Song Strut	Contagious

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.

Stay active! Stay engaged!

Complete these Power Chargers from Health Powered Kids to make a bingo. Send a photo of your completed card to healthpoweredkids@allina.com for a chance to win HPK swag. Learn more at www.healthpowerekids.org/bingo/