

Cross off a box for every task you complete throughout the challenge! Complete the entire bingo sheet and receive 10 bonus points for the month of June! 2 points for every row completed → 10 points for the whole page!

Provincial Challenge Games - WELLNESS BINGO -

Set 2 goals for the month of June. Write down these 2 goals somewhere you will see them everyday!	Get 5 servings of fruits and veggies in one day!	Draw, paint, or colour a picture of something that makes you feel happy! 😊	Get 8 hours of sleep in one night!	Try a new fruit or vegetable this week! Get cooking and try a recipe with a new fruit or vegetable!
Vacuum, sweep, and/or mop for 25 minutes!	Spend 20 minutes stretching. Make sure to hold each stretch for at least 30 seconds.	Drink 5 bottles of water!	Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)	Get 5 servings of fruits and veggies in one day!
Spend 60 minutes outside today!	Participate in the Virtual Law Enforcement Torch Run for Special Olympics BC!	 Special Olympics BC Provincial Challenge Games 	Head outside for a 30-minute walk, run, ride, or roll!	Spend 20 minutes stretching. Make sure to hold each stretch for at least 30 seconds.
Brush AND floss your teeth <u>every morning and night</u> for 7 days!	Get 8 hours of sleep in one night!	Call one person you care about (family, friend, teammate, etc.) and ask them about their day!	Try one new thing! This could be painting, playing hacky sack, listening to a new song, something you've never done before!	Spend 60 minutes outside today!
Try a new type of physical activity today!	Take a break from screens. Colour, doodle, paint, write in your journal, whatever you like!	Get 5 servings of fruits and veggies in one day!	Drink 5 bottles of water!	Try something new! This can be a recipe, hobby, activity – anything that is brand-new to you!