



SPRING WELLNESS BINGO

The Wildcat Wellness Committee wishes you a safe, healthy and fun spring!



My Name: _____

My Email (or parent email): _____



<p>Go for a bike ride.</p> 	<p>5K</p> <p>Participate in an organized running/walking event such as a 5K or other specialty or virtual races.</p>	 <p>Make your own fruit smoothie with fresh fruit.</p>	<p>Go for a family walk after dinner.</p> 	 <p>Play a board game with family or friends.</p>
<p>Be a volunteer for an event or any other good cause.</p> 	<p>Read a whole book during this challenge.</p> 	<p>No sugary drinks for 3 consecutive days</p> 	 <p>Go for a hike.</p>	<p>Go golfing or miniature golfing.</p> 
<p>Blow bubbles with a friend or child.</p> 	<p>Play an outdoor lawn game such as horseshoes, cornhole, bocce ball, Kan Jam, etc.</p> 	<p>No social media or gaming for a full day.</p> 	<p>Go fishing.</p> 	<p>Go to a farmer's market and buy fresh produce.</p> 
<p>Sleep at least 7 hours a night for 5 consecutive nights.</p> 	<p>Visit a park or playground.</p> 	<p>Donate at least 5 items</p> 	<p>Take a trip to a fun new location that you've never been to before.</p> 	<p>Spend quality time with a friend & catch up.</p> 
<p>Go bowling, skating, or bouncing on a rainy day.</p> 	<p>Practice yoga, meditation, or deep breathing exercises.</p> 	<p>Go for a morning run/walk.</p> 	<p>Start a garden, plant new flowers, or weed your garden/flowerbeds.</p> 	<p>Play your favorite sport outside.</p> 

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The Wildcat Wellness Committee wishes you a safe, healthy and fun spring!

The Wildcat Wellness Committee invites Halifax Area School District Students, Families, Staff, Staff Families and Local Community Members to participate in our FREE Spring Wellness Bingo Challenge!

How to Play:

1. Register online at <https://tinyurl.com/y65adwfx> to enter this challenge! Only registered participants will be eligible for the raffle drawing.
2. Look at the Bingo Card on the reverse side. If you complete an activity in a square, then circle that square.
3. In order to get Bingo, you need to get 5 in a row (Vertically, Horizontally or Diagonally).
4. Every time you get Bingo, your name will be entered into the prize drawing.
 - You may get Bingo up to 5 different ways, but you must use the same card.
 - For each additional Bingo that you get, your name will be entered again for the prize drawing.
 - i. For example, if you get 3 Bingos, then your name is entered 3 times into the drawing.
 - ii. The maximum number of Bingos that you are allowed to get is 5 unless you get a “blackout card” (see below).
 - If you get a “blackout card” (you completed every square), then your name is entered a total of 10 times into the prize drawing.

When Does it Start:

You may start completing squares on your Bingo card on **Wednesday, March 20th** and you have until **Friday, April 26th** to complete it.

How Do I Turn in My Bingo Card:

Starting **Friday, April 26th** you may begin to submit your completed Bingo card for the raffle drawing. You may turn in your completed Bingo Card to any Halifax Area School District Office. You may also scan it or take a clear picture of it and email it to czaplickin@myhalifax.us. Please make sure your name and email address is filled in on the card. **All Bingo Cards must be turned in by Tuesday, April 30th.**

How Do I Win:

All registered participants who submit their Bingo card in on time will be eligible to win! Your name will be entered in a random drawing based on the number of Bingos you get. **All winners will be selected and notified on Wednesday, May 1.**



**WILDCAT
WELLNESS**

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facebook.

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