

BE WELL BINGO!

Think of one goal you have for your future. What are three things you will need to do to achieve that goal?	Go for a walk with family members.	Eat three different colors of fruit or vegetables in a day.	Play a game outside with your family.	Talk to your parent about scheduling your next well care or dental check-up.
Name three things that you can do to deal with stress in a positive way.	Research why it's important to eat a variety of fruits and vegetables.	Find a healthy recipe and make it with a parent or caregiver.	Use chalk to draw an obstacle course on the sidewalk. Invite someone to do the course.	Count how many cups of water you drink in a day and beat it the next day.
Explain to a family member why it's important to avoid second-hand smoke.	Go for a nature walk for 20 minutes and count how many animals you see.	FREE SPACE	Create an outdoor scavenger hunt for a friend with a list of 10 things for them to find outside.	Make a list of 5 healthy snacks.
Think of 3-5 adults who you can depend on. Write a note or color a picture for one of them.	Explore a new nature trail. Find a list of trails at: esparksrec.com/parks-trails	Try a new fruit or vegetable.	Do a community service project with your family.	Write a letter to your favorite healthcare provider thanking them for what they do.
Paint a rock with a positive message for someone to find along a popular trail or walkway.	Do 50 push-ups in one day.	Play catch with a family member.	Look up headsup.scholastic.com and write down 5 facts that you didn't know before.	Research a health career that interests you. Find out if there is anyone with that job in ES.

PLAY BINGO, BE HEALTHY, EARN A SMOOTHIE!

Be Well Bingo Challenge

Name: _____

Age: _____

Parent/Guardian Signature: _____

Rules and Directions:

- 1) Cross off each activity you complete on the card.
- 2) To get bingo, you must have 5 spaces in a row completed to make a straight line across, diagonal, up, or down.
- 3) When you have bingo, bring your completed card to Opportunity Cafe (1302 N Jesse James Rd Suite D, Excelsior Springs, MO) and redeem it for a free small smoothie.
- 4) This card may be redeemed anytime between June 4 - June 17, 2020. This card expires on June 17, 2020.
- 5) Only one (1) card per person may be redeemed.
- 6) This contest is open to anyone between the ages of 5-18 years old.



Thrive Excelsior is a coalition of residents, business owners, and community leaders who are working together to increase the overall quality of life and life expectancy in our community. Our efforts center around three key areas: health and wellness, economic vitality, and housing. We want Excelsior Springs to be your favorite place to live, work, learn, and play. We believe that together we can achieve this vision!

The Be Well Bingo Challenge is sponsored by these Thrive Excelsior partners.

