

Well-Being Bingo

Purpose:

- To engage in a game promoting improvement in physical and mental health.

Rules:

1. The person who starts first is the winner of 2/3 rounds of rock, paper, scissors says shoot.
2. The first player closes their eyes and begins swirling their pointer finger around the card. The other player tells them to stop. The space that the finger lands on is the action/prompt the player has to do.
3. The first player to get Bingo (5 across/up and down/diagonally) wins.

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| Countdown 50 to 0 | 10 Jumping Jacks | What are your 3 favorite colors | 10 Sit - ups | List 3 people you look up to |
| 10 Push - Ups | Name 5 things you can see in the room | 10 lunges | Give everyone a hug | 10 Squats |
| Make a funny sound | 5 Burpees |  BOYS & GIRLS CLUB OF GREENWICH FREE SPACE  | Share about a memory that makes you happy | 10 Mountain Climbers |
| What is something that bothers you | 20 Second Plank | Describe your happy place | 20 Second high knees | Share 2 things that are challenging/hard for you right now |
| Balance on one leg for 12 seconds | Name 3 qualities you like about yourself | 10 Arm circles | If you can have three wishes, what would they be | 20 Seconds Mountain Climbers |