

**Drink a glass of water at the start of your day**

**Help cook dinner tonight**

**Swap a fizzy drink or juice with a glass of water**

**Create an obstacle course at home for your family**

**Limit your screen time before bed, this will help you sleep better!**

**Create your own game with items from your house for you and your family to play**

**Try a fruit or vegetable you haven't eaten before**

**Complete 60 minutes of activity in a day**

**Count how many steps you can take in an hour around your house or garden**

**Call someone you haven't spoken to in a while**

**Take a mindful moment**

**Help look after your house and do a household chore or task**

**Create your own 30 minute activity programme to do in your house or garden**

**Say something nice to each member of your family**

**As a family, have a 'get up and move' break**

# #ActivityBingo

Can you get BINGO!?

Try to complete these challenges whilst you are learning from home!

Pick a square to add a healthy habit to your routine. If you complete it, tick it off!

If you complete a row, let us know via email or twitter so we can celebrate your progress.

If you complete the whole board by 22/05/2020 contact us via twitter or email to be entered into the prize draw!

Tag us- @WesportAP and use the #ActivityBingo

Wesport are your local Active Partnership: we are a charity that is passionate about helping you and your school become more active and enjoy the benefits of an active lifestyle. Please ensure to check government guidelines before undertaking any activity outside your home as this is everchanging. Look after yourselves and stay home.

Any questions or to send in your Bingo card please email: [nicole.emmanuel@wesport.org.uk](mailto:nicole.emmanuel@wesport.org.uk)



wesport

INSPIRING ACTIVE LIVES