

# #BEACTIVE

## WELL-BEING BINGO

Mon Tue Wed Thu Fri

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I had a long night's sleep.



I came to school by bike/walking.

I got out of breath during break, for example running, game or play.

I straightened up/had an upright bearing during the lesson.

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I chose the stairs instead of the lift.

I tasted/took some salad during school meal.

I took outdoor exercise during the school day.

I reached out my hands in turn into the air (the side stretches) during the lesson.

I played outdoors after school.

I made myself/with a family member a healthy snack.

I participated in the guided leisure time physical activity.

