

Reflection Activities

BWELL Bingo

Purpose: To increase student awareness of the importance of maintaining overall wellness through daily physical activity, healthy eating and mental wellness activities.

This activity card embraces all three of APPLE Schools' focuses: daily physical activity, healthy eating, and mental health.

Preparation:

You will need:

- Copies of the BWELL Bingo activity card (1 card/student)
- Crayons, pencil crayons, or markers

Instructions:

1. Give each student a copy of the BWELL Bingo card.
2. Explain the items on the card.
3. Determine the expectation for the week - will the students create a line (horizontal, vertical, or diagonal), complete 4 corners, create an X, create a frame, or complete the card during the week.
4. Have the students take the sheet home on Monday and complete as many of the tasks as possible. When a task is completed, have them colour in the appropriate square.
5. Have students bring back the card on Friday with as many items completed as possible.
6. Reflect on the results. Which items were easy to complete? Which were independent? and which relied on other people to be successful?
7. Have students create goals for ensuring that they remain focused in developing their personal health.

Modifications:

1. As a class, track how many students achieved a line, frame, or full card. Challenge students to increase the numbers the following week.
2. Have students create a new BWELL card for the second week of activities.
3. Have students create a BWELL card that would be appropriate to use during school hours.
4. Have students create personal BWELL cards.

Adapted from:

<http://www.irc-group.com/wellness-bingo/>

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BWELL Bingo Activity Card

B	W	E	L	L
Try a new healthy recipe.	Complete a random act of kindness.	Go for a walk or get exercise for 30 minutes before the school day.	Go a whole day without watching TV.	Eat at least five servings of fruit/vegetables in one day.
Walk or ride a bike somewhere that you normally drive to.	Wake up smiling.	Call someone you haven't talked to in a while.	Drink four large glasses of water in one day.	Tell someone why you're thankful for them.
Exercise enough to sweat for 30 minutes.	Get at least 8-9 hours of sleep on a week night.	FREE SQUARE	Make a kind wish for someone you care about.	Give someone a hug.
Read a book or meditate instead of watching TV.	Turn off all electronics (TV, cell phone, iPad, etc.) 30 minutes before bedtime.	Go one whole day without pop.	Participate in a recycling program or spend time picking up trash along a road/park.	Floss your teeth.
Park at the farthest away parking space at a store.	Take 10 minutes to stretch during the school day.	Help make your lunch on a school day.	Hold the door open for others.	Take five deep breaths when stressed/angry.

Reference:

<http://www.irc-group.com/wellness-bingo/>