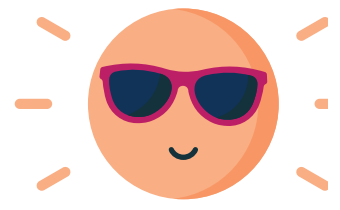


























Healthy Summer Habits Bingo

Summer is here! This season and every season, it's important to take care of your body and mind. Can you practice healthy habits to get bingo this summer?



B	I	N	G	O
 <p>Try a new and healthy recipe</p>	 <p>Wear clothing that shades your skin from the sun</p>	 <p>Play outside with a friend</p>	 <p>Try out a new craft or invent a game</p>	 <p>Wear a helmet when riding a bike, skateboard, or scooter</p>
 <p>Apply sunscreen every day for all outdoor activities</p>	 <p>Swap a sugary drink for water</p>	 <p>Talk to a loved one in-person or on the phone</p>	 <p>Have a summer check-up at the doctor</p>	 <p>Wash hands for 20 seconds before a meal</p>
 <p>Get a good night's sleep</p>	 <p>Read a nutrition label at the grocery store</p>	<p>FREE</p>	 <p>Use sun protection before going outside</p>	 <p>Drink water throughout the day</p>
 <p>Write about your summer in a journal</p>	 <p>Take care of a plant</p>	 <p>Get 60 minutes of physical activity in one day</p>	 <p>Take a water safety class</p>	 <p>Try a deep breathing exercise</p>
 <p>Wear your seatbelt</p>	 <p>Take a swim lesson</p>	 <p>Swap a sugary or salty snack for a fruit or vegetable</p>	 <p>Read or listen to a new book</p>	 <p>Research your local public health department</p>