

# SUSTAINABLE SUPERHERO BINGO

SUBSTITUTE JUICE FOR WATER FOR AT LEAST ONE DAY	TASTE SOMETHING YOU GREW YOURSELF	TAKE A MENTAL WELLNESS BREAK ONCE A DAY	HAVE A DANCE PARTY WITH YOUR CLASS AND MOVE TO THE MUSIC!	HELP SOMEONE IN NEED
HAVE AT LEAST 2 SERVINGS OF FRUITS AND VEGGIES WITH EACH MEAL OF THE WEEK	COMPLETE SUGAR ANALYSIS ACTIVITY	TRY A SUPERFOOD	GO OUTSIDE TO PLAY FOR 30MINS A DAY	EAT SOMETHING GROWN IN CANADA
TAKE 10-15MINS TO PRACTICE MINDFULNESS	TRY YOGA	STRETCH YOUR BODY EVERY NOW AND THEN THROUGHOUT EVERY DAY	TAKE AN OPPORTUNITY TO TELL SOMEONE SOMETHING POSITIVE ABOUT THEM	FILL A WHOLE PAGE WITH POSITIVE THINGS ABOUT YOURSELF
TAKE 2 DEEP BREATHS A DAY	DRINK AT LEAST 8 CUPS OF WATER EACH DAY	TAKE 2 DEEP BREATHS A DAY	GET AT LEAST 9 HOURS OF SLEEP EACH NIGHT	ADD HEALTHY SPROUTS TO YOUR LUNCH

