

Let's Move BINGO



Can you get 5 in a row? How about more? Fill out this BINGO sheet and return it to the **Middleborough Public Library** by March 1st to be entered into a prize drawing. Don't miss out on healthy living programs all winter long. Visit www.midlib.org for upcoming events and to sign up for the newsletter. Check out the Funbrary full of items like snowshoes, snow brick makers, and yard games to keep your family active.

Name: _____ Phone: _____

Read a book about sports or fitness.	Name a healthy food for each color of the rainbow. Have you tried them all?	Have a 20 minute dance party.	Create and complete an obstacle course.	Listen to your favorite music.
Try an online yoga or fitness video, class or library program.	Help prepare a meal.	Ride your bike, scooter, or other wheels.	Play a game. Try creating your own.	Listen to an audiobook or playway while walking safely at home or the park.
Check out a joke book and share a laugh with someone.	Do something creative such as paint, draw, write or build.	<i>Free Space</i>	Do 10 jumping jacks.	Check out a cook book and find a new recipe.
Choose water over juice or soda all day.	Lie down and take 3 belly breaths in through your nose and out through your mouth.	Try a new food.	Go for a nature walk or hike.	Write down one thing you are grateful for today.
Play outside for an hour.	Read for 30 minutes.	Be completely screen free for an entire day.	Eat 5 servings of fruits and vegetables.	Get 8 hours of sleep.

