

4 corners - 10pts
1 line - 25pts
2 lines - 50 pts
full card - 100 pts



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO



Watch your favourite
movie



Bake Holiday
Treats!



10 jumping jacks (x2)



15 second runners
lunge each leg (x2)



10 standing bicycles
(x2)



10 tricep dips (x2)



Free Square!



Make snowflakes to
tape to your window



Climb a flight of
stairs each day



Get some fresh air
and go for a walk
3 times a week



Look at
Holiday Lights



Connect with
a new teammate



Drink 5 glasses of
water - each week



Eat 3 servings/pieces
of fruit or vegetables
- every day!



Reflect on
the year 2025



Make 5
Team Ontario
Kindness Pins

WEEK 2