

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



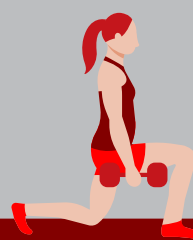
TEAM ONTARIO BINGO



Name your favourite
superhero



Make a superhero
themed meal



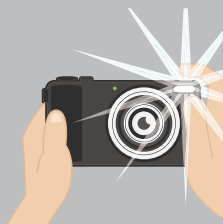
20 lunges on each leg



Make 5
Team Ontario
Kindness Pins



10 squats



Take a selfie with
your medals!



Free Square!



Draw your favourite
superhero



10 minutes of
stretching



Try skipping for 2
minutes



Celebrate someone
else's success



Go for a walk -
3 times a week



Drink 5 glasses of
water - each week



Each Lunch included
food from EVERY
food group



Write about your
favourite part of this
week



Watch a superhero
movie

WEEK 4