

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



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO



Call or message a teammate to check in



Eat 4 fruits and vegetables



Make 5 Team Ontario Kindness Pins



10 Jumping Jacks



30 seconds Butterfly stretch (x2)



Take a photo of someone or something you love



Free Square!



30 second Shoulder Stretch (each arm)



Go for a walk



Colour the HAPPY Colouring Sheet



Try a new food!



Attend the Virtual Health Session



Drink 5 glasses of water - each week



Take 5 minutes to reflect on your week



Make your favourite healthy snack



20 second Hurdlers stretch (each leg)

WEEK 8