

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



REVEAL YOUR CHAMPION



# TEAM ONTARIO BINGO



Colour the BRAVE  
Colouring Sheet



Meditate for 5 minutes



20 seconds runners  
lunge (each side)



30 second lateral  
shuffle (x2)



Go on a walk or hike



Eat 5 fruits and  
vegetables



Free Square!



Do some stretching  
exercises for 5 minutes



10 curtsy lunges (x2)



Have a picnic



Drink water during or  
after physical activity



10 Sprinters lunges  
(X2)



Drink 5 glasses  
of water



Take 5 minutes to  
reflect on your week



Draw your favourite  
outdoor activity



Complete all  
challenges for the  
week

WEEK 16