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Health Bingo

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Healthy BINGO!

Instructions (for parents): This is a fun and interactive game to promote health education, healthier eating habits, and physical activity in your child.

When: Choose any week to begin, starting on Monday. To start, it is suggested that you take your child to the grocery store to shop for healthy foods (e.g., fruits, vegetables, etc.). Have them be part of the process in choosing the foods they will eat throughout the week. Please review the attached grocery recommendations beforehand, and advise your child regarding healthy food choices at your grocery store.

How to play: On the attached page is a bingo card with activities for your child to complete in each slot. Over the course of the week (Monday-Friday) your child can complete any/all the activities to work towards a reward at the end of the week. Rewards will correlate to how many rows the child marks complete (like traditional bingo where a completed row is 5 consecutive vertical, horizontal, or diagonal slots marked as completed). A variety of suggested rewards are listed below, depending upon the number of rows completed by your child at the end of the week. To make this experience fun and exciting for your child, you are encouraged to participate in these activities! This game can be used to encourage future activities. *You can always modify the activities to other exercise-, healthy eating-, and education-related habits that you know your child enjoys doing.*

Supplies: Cut up the last sheet into separate slips, and have your child randomly choose from the slips. Then, have your child partake in the activity that correlates with the BINGO box displayed on the slip. Use a set of small stickers or a pencil to mark each box on the BINGO sheet that has been completed. Your child can draw as many slips and complete the corresponding activities per day as desired.

Rewards
Based on how many activities (rows) your child completes by the end of the week, have them choose a reward from the ones provided, or partake in an activity/reward that is feasible with your family.
1-2 rows: family game night, 2 extra hours of screen time (video games, TV), pick what's for dinner
3-4 rows: go bowling, go to the playground, go to the movie theater
5 rows: Indoor trampoline park, go to the zoo, plan a picnic, have a slumber party

Grocery Recommendations
- https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/
- https://www.webmd.com/food-recipes/guide/grocery-list

Examples of Children-friendly Health Education Videos
- https://www.youtube.com/watch?v=mMHVEFWNLMc (2 minutes)
- https://www.youtube.com/watch?v=31F0laJjyy8 (6 minutes)
- https://www.youtube.com/watch?v=XbxsdbisXzU (6 minutes)

Healthy BINGO!

Resources

Bülbül S. Exercise in the treatment of childhood obesity. *Turk Pediatri Ars*. 2020;55(1):2-10. doi:10.14744/TurkPediatriArs.2019.60430

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Corepal R, Tully MA, Kee F, Miller SJ, Hunter RF. Behavioural incentive interventions for health behaviour change in young people (5-18 years old): A systematic review and meta-analysis. *Prev Med*. 2018;110:55-66. doi:10.1016/j.ypmed.2018.02.004

Summary

This project encapsulates the fundamentals of what it means to become a physician. Our goal is to promote health and do our best to ensure the health of our patients when illness arises. As developing leaders in health and education, we now have a better understanding of how healthy lifestyle changes and incentive-based interventions affect the physical and mental wellbeing of our patients and our communities.

Healthy BINGO!

HEALTHY CHOICES BINGO

B I N G O

B	I	N	G	O
1 Go on a 15 minute walk	**6** Do 10 pushups, 10 sit-ups, and 10 jumping-jacks	**11** Make a healthy snack	**16** Watch a fun health education video!	**21** Have a 15 minute dance party!!!
2 Make a healthy snack	**7** Watch a fun health education video!	**12** Go on a 15 minute walk	**17** Do 10 pushups, 10 sit-ups, and 10 jumping-jacks	**22** Make a healthy snack
3 Do 10 pushups, 10 sit-ups, and 10 jumping-jacks	**8** Go on a 15 minute walk	**13 FREE**	**18** Make a healthy snack	**23** Watch a fun health education video!
4 Watch a fun health education video!	**9** Have a 15 minute dance party!!!	**14** Do 10 pushups, 10 sit-ups, and 10 jumping-jacks	**19** Have a 15 minute dance party!!!	**24** Go on a 15 minute walk
5 Have a 15 minute dance party!!!	**10** Make a healthy snack	**15** Have a 15 minute dance party!!!	**20** Go on a 15 minute walk	**25** Do 10 pushups, 10 sit-ups, and 10 jumping-jacks

Healthy BINGO!

O21	O22	O23	O24	O25
G16	G17	G18	G19	G20
N11	N12	N13	N14	N15
I6	I7	I8	I9	I10
B1	B2	B3	B4	B5