

McLean HS Distance Learning Wellness Bingo

#McLeanLearnsAtHome

Exercise	Random Act of Kindness	Gratefulness	Meditation	Social Connection
Find an on-line workout that you like, and share the link with a friend	Help someone in your home with a chore they don't like to do	Take a photo of something you're thankful for and post it on social media	Find a free meditation app, such as Virtual Hopebox	Use social media to reach out to someone you haven't seen in awhile
Do a 1 minute plank (Try adding more seconds each day)	Text 3 compliments to 3 friends	Write down 3 things you're thankful for	Sit quietly in a comfortable position and focus on your breathing for 3 minutes	Find fun old photos and text them to family members
Do 25 push-ups and 25 sit-ups	Do laundry or the dishes without being asked	Choose Your Own Wellness Opportunity	Reflect on an inspirational quote	Video chat with a family member or friend and share coping strategies
Go outside and walk or run for 30 minutes	Share your old books, board games, puzzles, or DVDs with younger neighbor kids	Make a Gratitude Jar 	Intentionally pay attention to 3 things you see, 3 sounds you hear, and 3 sensations you feel	Find an interesting article and talk about it with someone in your home
Make a new exercise playlist	Research local nonprofits and see how you can help from home	Find a song with the word "thankful" or "grateful" in it	Participate in a guided meditation session	Play a game with someone, using video chat or on-line

The Rules

Let's play some Bingo!

Access your copy of the Bingo Board on your grade-level Google Classroom. Here are the classroom codes:

Freshmen: **jdjf3t5**

Sophomore: **upjaa4d**

Junior: **cugzgmh**

Senior: **2zegy3p**

Each square on the Bingo board is a learning opportunity. ***Each time you complete a square:***

- Highlight the text on the square, click on "Format" on the toolbar, then "text" and then "strikethrough"--this will draw a line through the square showing you've completed it
- If you want and can, print out the board and cross off squares as you complete them
- Share your experience on social media with the **#McLeanLearnsAtHome** and tag **@mcleanhigh**. Feel free to add pictures of you learning.

Prizes, Prizes, Prizes:

- Complete at least 1 bingo (any five squares in a vertical, horizontal, or diagonal row) and go into a raffle for an Amazon gift card
- To prove you've completed a bingo or the board, turn in your completed bingo board through Google Classroom
- **Deadline to complete: Friday, April 17 by 3:00 pm**