



Move your Mood

# May BINGO

Don't forget to sign up for the 2 by 2 Screenshot Challenge from May 1-14. Log off and go LIVE for the month of May! See Miss Julia for more information.

Submit your completed sheet to your teacher to win a prize! Each completed row gets you entered in a draw. A Blackout guarantees you an instant spin of the Mustang Wheel!

"Park Hop" with some friends to explore different playgrounds around Innisfail	Practice box breathing or the 4-7-8 breathing technique	Write down three things you love about yourself	Talk to a classmate you don't normally connect with	Drink 7-10 cups of water in a day
Go swimming	Read a book from the Innisfail Public Library	Tune into your senses by enjoying a sunrise or sunset	Test out a new healthy recipe	Walk, bike or scooter to school
Go tech free for 24 hours (schoolwork doesn't count)	"Chalk it up" with positive sidewalk messages	Perform a Random Act of Kindness at school	Try a new hobby	Tell your teacher something you're looking forward to
Go to bed early	Pack a nutritious lunch	Bike, scooter or skateboard on the Town's paths	Play Basketball at one of the outdoor courts around town	Go for a run/walk on the Town's paths outside
Play Disc Golf at Centennial Park	Try one of the Town of Innisfail's Drop in Activities	Replace junk food with a healthy snack	Take an extra break outside	Get active after school. Go for a walk, play, or participate in a sport.

Name:

Homeroom:

