

# SkillBingo

Goal: Collect crosses by completing tasks – alone or together! You get bingo when you get a full row (horizontal, vertical or diagonal).

Identify a common trait with three people.

Ask someone what they are good at, and then tell them about your own strengths.

Organize a treasure hunt or other game at the youth center.

Do one bingo task with the whole group.

Find one fact online about how exercise affects mental well-being and tell it to a friend.

Share a tip with others about how you like to exercise.

Challenge your friend to a competition to see who can stand on one leg the longest while standing on their toes.

Tell your friend about the latest skill you have recently learned.

Discuss with your friend what hobby would be fun to try.

Teach others a new way to stretch.

Come up with a new way to greet others that involves movement.

Try, can you touch your toes without bending your knees.

Do a “wave” movement alone – from head to toe and back.

Ask two different people in the same room how they are doing – choose the ones you have talked to the least today.

Guess how many steps there are from wall to wall – and then test whether you got it right!

Come up with your own mini-exercise to calm your body before an important moment. Share this tip with a friend.