

# Health Bingo

Bayshore Families: I have created this Bingo card of educational activities pertaining to my health classes for you to complete as a family during this unexpected break. Email me with questions? burrow\_odessa@asdk12.org

<p><b>Health</b> Draw 5 different emoji emotions</p>	<p><b>HEALTH</b> Write a letter/draw a picture to a smoker about the dangers of smoking.</p>	<p><b>Health</b> What substance makes bones hard?</p>	<p><b>Health</b> How long should you wash your hands to remove germs?</p>	<p>Health Go for a walk around the neighborhood, Can you find 3 signs that help keep you safe?</p>
<p><b>Health</b> How many chambers are there in the human heart?</p>	<p><b>Health</b> Where is most of your fat stored on your body?</p>	<p><b>Health</b> Write a song you can hum as you wash your hands. Write it on a piece of paper. Sing it for someone.</p>	<p><b>HEALTH</b> For 3 days, journal with pic/words your healthy habits. Include food, exercise, &amp; sleep</p>	<p><b>Health</b> What should you do if your home alone and someone knocks on the door?</p>
<p><b>HEALTH</b> Draw a hand washing picture. Include steps. Watch BrainPopJr. for more information.</p>	<p><b>Health</b> What would you do if your house is filled with smoke?</p>	<p><b>Health</b> Which organ is not part of the digestive system? A. Stomach B. Esophagus C. Gall Bladder D. Alveoli</p>	<p><b>Health</b> Where must you Stop, Look and Listen?</p>	<p><b>HEALTH</b> Cut out/glue or draw/color a MyPlate picture. Watch BrainPopJr:MyPlate for</p>
<p>Health Name 3 things to tell a 911 operator.</p>	<p><b>Health</b> What is a vaccine?</p>	<p><b>HEALTH</b> Journal through writing/drawing your experience during this exceptional time to use as a debrief when we return to school</p>	<p>Health What is a symptom?</p>	<p>Health How do you protect others if you need to sneeze or cough?</p>
<p><b>Health</b> Go outside, how many senses does your body use to let you know what season it is?</p>	<p>Health Find your pulse, count how many times your heart beats in 15 seconds and times it by</p>	<p><b>Health</b> Name 3 activities to wear a helmet.</p>	<p>Health Which corpuscles help fight infection?</p>	<p><b>Health</b> What should you do, if you hear someone being bullied?</p>