



HEALTHY HABITS BINGO

Cook A Healthy Meal	Talk About How Substances Affect The Brain	Go On A Family Bike Ride or Walk	Create Vision Boards	Watch The Sunset Together
Go On A Family Hike	Make A "Bucket List" of Fun Goals	Make Fruit Smoothies	Create a Substance-Free Pledge	Meal Prep Healthy Lunches
Do A Craft Project	Have A "Screen-Free" Night		Pack A Healthy Picnic	Make A List Of Fun Drug-Free Activities
Try Deep Breathing Exercises	Write Thank-You Notes To Local Heroes	Set Family Health And Wellness Goals	Share Daily Gratitude	Bake A Healthy Dessert
Write Down 3 Things You're Grateful For Today	Paint Kindness Rocks And Hide Them	Talk About How To Handle Stress Without Substances	Go For A Nature Scavenger Hunt	Have A Family Game Night