

Ideas for your
healthy family

cookchildrens.org

CookChildren's



Family bingo

Complete one bingo square each
day until you fill up your card!

Plant a garden in your yard	Take a 15-minute walk outside	Have a game night with the family	Write and draw a book together
Write down three things you're thankful for	Complete a puzzle together	Learn a new skill together	Take 10 minutes to meditate
Exercise together as a family	Call a friend or family member	Have a talent show night	Get outside for 15 minutes today
Create a board game together	Plan and cook a meal together	Spend some time with your pet	Play a sport together

