

# A-life

## 'Healthy Living Habits Bingo'

### Learning Objective:

- To know about how to keep healthy
- To name some good habits that help us to keep healthy

### Success Criteria:

- ✓ I know different ways to keep healthy
- ✓ I know different things I can do each day to stay healthy.

### Curriculum Links:

- Science - Humans and other animals
- PSHE - health and hygiene

**No. of Children:** 30

**Age group:** Nursery,  
Reception, Year 1.

**Time:** 20 minutes

### Resources:

- Healthy living bingo cards, copied and cut up into square. (prepare 2 sets of the cards)
- 4 bingo placemats

### Introduction:

- Talk to the children about what a habit is: something we do often, regularly or repeatedly (daily or weekly)
- Ask the children which healthy habits they know about. For example; eating fruit, washing hands, sleeping...
- Explain that there are some unhealthy habits cards in the pile. For example eating chocolate, watching TV. Explain that these things are ok to do now and then but that they shouldn't become a habit as they don't keep us healthy.

### Main Activity:

- Make a pile of the healthy habits cards in the centre (the pile should include the 'unhealthy habits' cards too).
- Give each child a bingo placemat.
- Choose who will go first.
- Children take it in turns to pick a card from the pile in the centre. If the card matches, they place it on their placemat. The first to fill all 6 squares is the winner.
- If the children do not match the card they picked up, they must return it to the pile. If a child picks out an unhealthy habit card, they must miss a go.

## Plenary:

- Discuss with the children what they have learnt.
- Ask the children if there are any healthy habits that they have from the ones they have seen.

## Differentiation:

- The activity could be completed in pairs
- Children could add their own bingo cards of healthy and unhealthy habits.
- For children who are unable to read - explain each picture before the game begins so that they know what each picture represents.

## Healthy Living Bingo: Rules.

1. Take it in turns to pick out a small card from the pile in the centre of the table.
2. If the card matches one on your bingo board, place the card on top of the matching picture.
3. If the card does not match one on your bingo board then you must put the picture back in the pile.
4. If you pick out an 'unhealthy' card (such as eating chocolate or watching TV) then you must miss a go!
5. The first to fill their bingo board is the winner.



Drinking Water

Brushing Your  
Teeth

Dancing



Swimming

Skipping

Eating Fruit



Walking

Watching TV

Sleeping



Eating chocolate

Eating Crisps

Cycling

Board 1

		
Having a Bath	Walking	Washing Your Hands
		
Eating 5-a-day	Drinking Water	Dancing

Board 2

		
Sleeping	Eating Vegetables	Cycling
		
Eating Fruit	Brushing Your Teeth	Swimming

Board 3

		
Skipping	Eating Fruit	Drinking Water
		
Cycling	Sleeping	Swimming

Board 4

		
Sleeping	Eating Vegetables	Eating 5-a-day
		
Cycling	Having a Bath	Walking