



# Game On:

## An Activity-Based Introduction to the HEAL Game System

### **Body Benefit Bingo:**

Equipment: Nutrition cards, hoops, markers, bingo boards, sheet protectors

Students will be in small groups (2-4 students). Each group will have a bingo board and marker. The nutrition cards will be scattered face up in the middle of the activity space (inside baskets, buckets, or hula hoops). On the go signal, one student from each group will skip (jog, slide, gallop, etc) and pick up 1 food card. They will take the food card back their group and mark off the first body benefit listed on the back of the card. They keep their nutrition card and the next student takes their turn. The game continues.

\*Bingo sheets are included in this packet of games.

### **Food Group Pursuit:**

Equipment: Food Group Pursuit game board, a large number of poly spots, nutrition cards placed under the poly spots

Students are in small groups (2-4) with a Food Group Pursuit game board. They take turns removing one food card from underneath any poly spot. Students will bring the food card back and play it in the correct position on the Food Group Pursuit game board. Students are trying to see how many complete “sets” they can earn. (To make it easier, students can remove the poly spot each time. To make it more challenging, do not remove the poly spot. If a student lifts a poly spot and it doesn't have a food card, you they get a card for that round.)

### **Roll Off:**

Equipment: Food Group sheets for each student, dice for each student, nutrition cards

Students will be in small groups (2-4) with nutrition cards stacked in the center. Each person will have a dice and a food group sheet and will stand facing their partners. They roll the dice at the same time. Whoever has the highest number takes one card randomly from the bucket. They will place that on their food group sheet. Then everyone rolls again. Continue playing. The first student to get a food from all 5 food groups is the winner and the game restarts.

\*Food Group sheets are included in this packet of games.

## **Food Group Sort:**

Equipment: Nutrition cards, stop watches, 5 poly spots per group based on the food group colors,

Students are in small groups of (2-3) students. Each group will work together to see how fast you can sort the food cards into the correct food groups. Food cards will be placed on the poly spot of that color. Students will use the stopwatch to time themselves and play several rounds to see their best time. (Remind students to shuffle the cards each time they play.)

## **Heart Smart Scavenger Hunt**

Equipment: Nutrition cards, cones or hoops.

Students are in small groups, behind cones or hoops, along the perimeter of the activity space. Nutrition cards are scattered throughout the activity space with the food facing up. Students take turns skipping (jogging, galloping, etc) out and turning over a card. If the card has a heart on it as a body benefit, students will take it back to their group. If it doesn't have a heart, students must stop, do 10 jumping jacks, and then return back to their group. While everyone is waiting, student can dance or do jumping jacks.

## **Modifications:**

### **Universal Supports (works for all games)**

- Role choices: Runner / Reader / Marker / Card Manager / Timekeeper (rotate roles each round).
- Locomotor choice: Skip/jog/slide/gallop OR walk, fast-walk, march, scooter, wheel, or "point & direct a buddy."
- Distance options: Place cards in near/middle/far zones so students choose the best distance.
- Fewer choices: Start with 2–3 food groups or 1 body benefit focus (ex: "energy" only) for younger learners.
- More time / fewer cards: Allow extra time, smaller card sets, or "2 cards per turn" for students who need it.

### **Body Benefit Bingo:**

- Mobility: Student can stay at the board as Marker/Reader while a peer retrieves cards; rotate roles.
- Access setup: Put cards in baskets at stations (no running) OR create a "card table" near each group.
- Fine motor: Cover squares with chips instead of writing; use enlarged boards.

### **Food Group Pursuit:**

- Mobility: Cards can be placed on a table or in reachable hoops (no bending to floor spots).
- Cognitive: Start with 3 groups (fruits/veggies/grains) then add the rest; provide matching color borders.
- Sensory/behavior: Reduce “mystery” by keeping cards face up in hoops by food group.
- Communication: Student can point to where the card belongs and a partner places it.

### **Roll Off:**

- Mobility: Play seated or standing; no movement required. Use a dice tray to keep dice contained.
- Fine motor: Use larger foam dice or a digital dice app; allow a peer to roll on request.
- Cognitive: Use a “first to 3 groups” goal for then build to all 5.

### **Food Group Sort:**

- Mobility: Sort from a seated spot; cards placed on a table/bench instead of the floor.
- Cognitive: Give fewer cards at once (ex: 10 cards), or sort one group at a time.
- Timing option: If timing increases anxiety, remove the stop watch.

### **Heart Smart Scavenger Hunt:**

- Mobility: Student can be the Heart Checker (flips/reads cards near a station) while a buddy retrieves.
- Access setup: Put cards in stations/hoops around the perimeter instead of scattered across the whole space.
- Fitness alternative: Replace jumping jacks with choice cards (5 wall taps, 5 chair marches, 5 arm circles).

# Body Benefit Bingo



**Brain**



**Eyes**



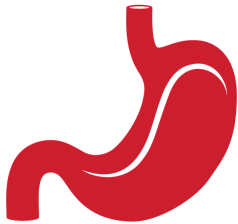
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**Bones & Teeth**



**Blood**



**Digestion**



**Immunity**



**Heart**

# Body Benefit Bingo



**Brain**



**Eyes**



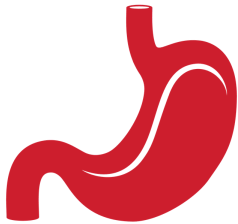
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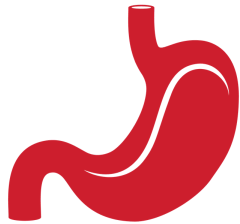
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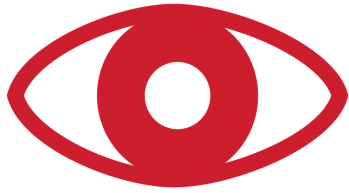


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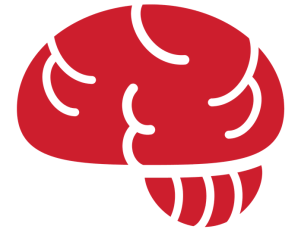
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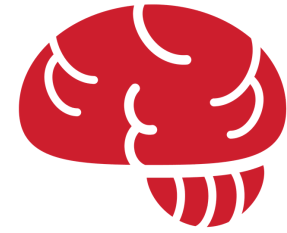
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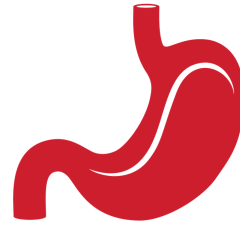


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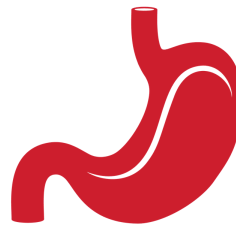
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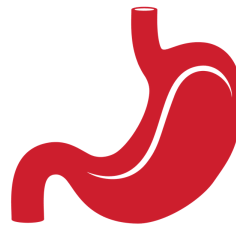
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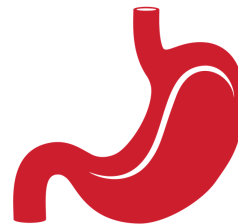
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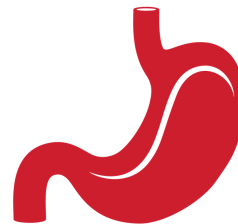
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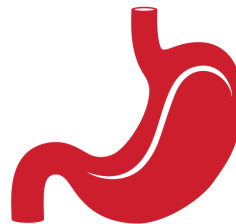
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**Blood**



**Eyes**



**Digestion**



**Bones & Teeth**

**Fruits**

**Protein**

**Dairy**

**Vegetables**

**Grains**