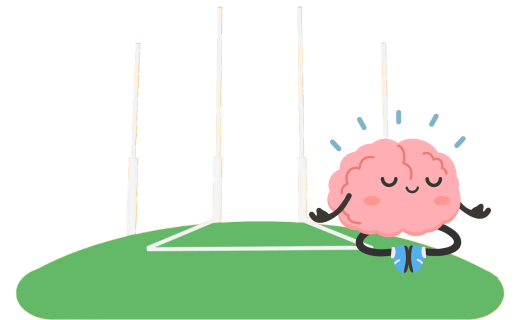


Name _____

CABRINI WELLNESS ROUND BINGO



● Instructions

Complete all nine squares for your chance to win! Don't forget to save the centre square for the Cabrini Wellness Round.

To enter, take a photo of your completed card and post it on Instagram tagging @cabrinihealth and @smjfl or send it to us as a direct message.

**Completed
10 minutes of
dynamic
warm-ups**

**Practised safe
kicking
techniques**

**Learned about
ACL injury
prevention**

**Participated in
10 minutes of
cool-down
exercises**

**Set one personal
and one football
goal for the round**

**Parent has watched
all three concussion
101 videos**
play.afl/concussion/for-parents

**Ate a post-game
recovery snack**

**Got 8 hours of
sleep before a
game**

**Learned three
concussion
symptoms**