



Activity Bingo

Activity BINGO encourages school aged children to become more physically and mentally active by participating in a different activity with a household family member or adult supervision each day. Every time you complete an activity, you can mark it off with a sticker, coloring it in, or even just crossing it off. Try to get 5 activities in a row, and if you can, take pictures while you do each one! If you really want a challenge, you can try to do every activity on the board.

Do as many push-ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	Sing a song with a friend or family member	Go for a walk in your neighborhood and see if you notice anything new or that has changed	Help a friend or family member with something	Help cook dinner
See how many times you can say "Thank You" today	Tell a story	Step outside and count how many animals you see	Learn a new dance or create your own	Do 20 jumping jacks
Pick a snack and read the # of carbohydrates it has. Do that many squats	Walk around your neighborhood and pick up 5 pieces of trash		Head outside and try to identify as many plants as you can	Make a creative snack like ants on a log or make up your own
Before every snack and meal, run in place for 1 minute	Read a book	Draw your favorite character from a book, show, etc.	Try a simple science project	Go for a walk and count how many grey cars you see
Stretch for 10 minutes	Go for a walk	Dance and sing to your favorite song	Draw your favorite season	Create a new game



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Help a friend or family member with something	Try a simple science project	Before every snack and meal, run in place for 1 minute	See how many times you can say "Thank You" today	Go for a walk and count how many grey cars you see
Pick a snack and read the # of carbohydrates it has. Do that many squats	Dance and sing to your favorite song	Make a creative snack like ants on a log or make up your own	Stretch for 10 minutes	Help cook dinner
Learn a new dance or create your own	Go for a walk in your neighborhood and see if you notice anything new or that has changed	 Free Space	Draw your favorite season	Sing a song with a friend or family member
Walk around your neighborhood and pick up 5 pieces of trash	Do as many push-ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	Go for a walk	Head outside and try to identify as many plants as you can	Tell a story
Step outside and count how many animals you see	Do 20 jumping jacks	Create a new game	Read a book	Draw your favorite character from a book, show, etc.



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Tell a story	Sing a song with a friend or family member	Before every snack and meal, run in place for 1 minute	Try a simple science project	Go for a walk in your neighborhood and see if you notice anything new or that has changed
Help a friend or family member with something	Head outside and try to identify as many plants as you can	Dance and sing to your favorite song	Make a creative snack like ants on a log or make up your own	Draw your favorite character from a book, show, etc.
Go for a walk and count how many grey cars you see	Create a new game	 Free Space	Walk around your neighborhood and pick up 5 pieces of trash	Stretch for 10 minutes
Read a book	Learn a new dance or create your own	Do 20 jumping jacks	Help cook dinner	Pick a snack and read the # of carbohydrates it has. Do that many squats
See how many times you can say "Thank You" today	Step outside and count how many animals you see	Go for a walk	Draw your favorite season	Do as many push-ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)



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Sing a song with a friend or family member	Help cook dinner	Go for a walk and count how many grey cars you see	Read a book	Go for a walk in your neighborhood and see if you notice anything new or that has changed
Draw your favorite season	Learn a new dance or create your own	Draw your favorite character from a book, show, etc.	Tell a story	Dance and sing to your favorite song
Go for a walk	Head outside and try to identify as many plants as you can	 Free Space	Pick a snack and read the # of carbohydrates it has. Do that many squats	Do as many push-ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)
Try a simple science project	Stretch for 10 minutes	Before every snack and meal, run in place for 1 minute	See how many times you can say "Thank You" today	Do 20 jumping jacks
Create a new game	Help a friend or family member with something	Step outside and count how many animals you see	Walk around your neighborhood and pick up 5 pieces of trash	Make a creative snack like ants on a log or make up your own



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Do 20 jumping jacks	Go for a walk	Go for a walk and count how many grey cars you see	Help cook dinner	Try a simple science project
Head outside and try to identify as many plants as you can	Read a book	Create a new game	Do as many push-ups as you can during TV Commercials (If no TV, time yourself for :30 sec to 1 minute)	Go for a walk in your neighborhood and see if you notice anything new or that has changed
Step outside and count how many animals you see	Pick a snack and read the # of carbohydrates it has. Do that many squats	 Free Space	Walk around your neighborhood and pick up 5 pieces of trash	Tell a story
Make a creative snack like ants on a log or make up your own	Help a friend or family member with something	See how many times you can say "Thank You" today	Before every snack and meal, run in place for 1 minute	Learn a new dance or create your own
Sing a song with a friend or family member	Draw your favorite character from a book, show, etc.	Stretch for 10 minutes	Draw your favorite season	Dance and sing to your favorite song



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Dance and sing to your favorite song	Learn a new dance or create your own	 Free Space	Draw your favorite character from a book, show, etc.	Create a new game
Draw your favorite season	Help a friend or family member with something	Read a book	See how many times you can say "Thank You" today	Before every snack and meal, run in place for 1 minute
Pick a snack and read the # of carbohydrates it has. Do that many squats	Make a creative snack like ants on a log or make up your own	Go for a walk	Walk around your neighborhood and pick up 5 pieces of trash	Head outside and try to identify as many plants as you can