

# Bingo Activity Sheet

For our time away from school, I encourage you to be active. Circumstances will be very different from family to family but planning some active options can help us to stay well. Here are some ideas. With the weather changing we can get outside!

You can repeat your favorite activities as well.

Go for a 30-minute walk. Take a friend and a parent or perhaps a dog! 🐕	<b>Stop!</b> 🌸🌸 DO 20 sit ups 20 Jumping Jacks 10 push ups 10 squat jumps Repeat three times.	<b>Challenge</b> your parents!! Who can do the <b>most</b> push ups! Keep track of your numbers and repeat once a week for the next 4 weeks!	Run around the yard 7 times. Create a path in your back yard. Jump over bushes, get down and do 20 burpees. 📱 Keep moving!!!!!!!
Go for a 30-minute bike ride. Take along a parent!!! Please wear your helmet!	Read a book while sitting in a yoga pose! Play some calming music!	Help Mom or Dad vacuum the house, take the garbage out and do the dishes!! Skip rope or jump on the spot 100 times.	Find a quiet spot and practice your yoga moves for 20 minutes. S-T-R-E-T-C-H!
Invent a game and try it out. Either inside or outside of the house. Use tape, sticks, etc.. Be creative! Keep moving.	Do 20 curl ups, 20 squat jumps and 10 push ups. Try and repeat again during the day. Grab a ball practice moving with it around cones or obstacles.	Put on gonoodle.com and workout inside of the house. (several great movement breaks)	Go outside and play catch with a football, baseball and glove, or frisbee with a family member!
Dance, dance, dance.! Play your favorite tunes. Practice the cupid shuffle. 🎵🎵	With a balloon try keeping it up in the air with your hands. How many hits in a row can you do? Can you do it with other body parts?	Hold a plank for more than a minute. Repeat several times!!! Play hide and go seek inside of the house.	Make an obstacle course in your backyard or on your driveway and run through it.

Send me a picture or video of you being active to [hsawchuk@retsd.mb.ca](mailto:hsawchuk@retsd.mb.ca)

You can cross off the activities on this sheet once you have completed it. Send me a picture of this sheet once you have completed it. If you do the activity more than once you can use different colours to mark it off.