

B**I****N****G****O**

Take a nature hike in your yard or neighborhood.

1

Have a family plank contest. Can you hold it for one minute?

6

Balance on one foot longer than a family member.

11

See how far you can jump. You have 5 tries.

15

Complete high knees during three sets of commercials.

20

Do a jumping jack for every letter of the alphabet.

2

How fast can you run from your kitchen to your bedroom? Try to beat your best time.

7

Teach your family your favorite tag game.

12

Count how many steps it takes to walk around your house (inside or out).

16

Put on your favorite song and have a dance party.

21

Pretend to jump rope for 20 seconds in every room in your house.

3

Throw and catch a ball to yourself 50 times.

8

FREE SPACE

Walk around the house with 3 books balanced on your head. Now read the books.

17

Play a game of Simon Says with a friend, sibling, or parent.

22

Create a game of Bowling: Be creative

4

Hide an object around the house. Take turns looking for it.

9

Crab walk around the house.

13

Make a ball out of some socks and underhand throw to a partner

18

Complete five different yoga poses.

23

Floor is Lava put pieces of paper on the floor, step only on them to get to your room.

5

Make up a handshake with a parent, sibling, or friend.

10

Take a walk after dinner - play a game of I spy

14

Have the kids lead the parents in their favorite exercise.

19

Get a laundry basket and throw a stuffy into the basket from different distances.

24

