

Name \_\_\_\_\_

# MOVE BINGO

Look at the BINGO card below and choose five activities to do that are lined up horizontally, vertically, or diagonally.

B	I	N	G	O
Try a new healthy recipe with an adult.	Write about what you will do/did on your birthday.	 Read before bedtime.	Write a <b>THANK YOU</b> letter.	Read under the covers with a flashlight.
 Do 20 jumping jacks!	Use pillows, blankets, or snow to <b>BUILD A FORT</b>	Use play dough to make your favorite, healthy meal.	Make a list of your favorite vegetables.	Think of the best game to play in the snow. 
Put on some music and clean your room!	Write a letter to a friend far away.	<b>Free Space</b>	Make a list of 10 things you <b>LOVE</b> about PE class.	Jump rope for at least 10 minutes!
Read with a grown up then tell them the setting of the story.	Grab a broom and <b>CLEAN THE HOUSE!</b>	Make up a story when you are riding in the car.	Write a <b>happy story!</b> 	Make a healthy, snack with a friend or parent.
Make a list of the best games to play outside.	Make a list of your favorite fruits. 	Write about what you will do/did on July 4th.	Smile at someone today!	Stand up and <b>DANCE!</b>

Name \_\_\_\_\_

# Weekend Moves

Think about how you can MOVE and incorporate all three intensity levels into your weekend. Write or draw what you will do in the spaces below.

**I will...**

**I will...**

**I will...**

