**B I N G O**

Fill in one box per day. Can you earn a BINGO this week?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **B**  (Build your body) | **I**  (Innovative) | **N**  (No Equipment) | **G**  (Google It) | **O**  (Outside) |
| 30  Plank  Shoulder  Taps | Create and Do  An  Obstacle  Course | Cosmic  Kids  Yoga  (Youtube)  [https://www.youtube.com/ user/ CosmicKidsYoga](https://www.youtube.com/%20user/%20CosmicKidsYoga) | Play  Cornhole or  Bocce Ball | Ride  Something  With  Wheels |
| 50  Jumping  Jacks | Learn  A  New  Skill | Dance | Just  Dance  Videos | Go  For  A  Walk  With  Your  Family |
| 25  Push-Ups | Create a  New  Game/  Activity | **Free** | Learn  To  Juggle | Toss/Throw  & Catch |
| 50  Lunges | Create and Do  A  Bike or  Sport  Related  Obstacle  Course | Tumbling Skills | Spin  A  Ball  On  Your  Fingertips | Fly  A  Kite |
| 30  Sit-ups | Modify a board/card  Game  To be  More  Active | Balance  On/along  Different  Objects | A  New  Tag  Game | Use  Sidewalk  Chalk and  Create a  Hopscotch |