

# FITNESS

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Count 1 to 10	Hop 5 times	Jog in place for 5 seconds	Spell your name	Make a yoga pose
10 jumping jacks	Walk like a duck	Hug a loved one	Say "I love you"	March in place for 15 seconds
Share a toy	Sing the Alphabet song		Gallop like a horse	Greet a loved one, Good day
Dance the "Hokey Pokey"	Say your whole name	Arm circles 7 times	Reach the sky, put your hands up!	Hop like a kangaroo
Run in place for 12 seconds	"Freeze" for 10 seconds	Leap like a frog 5 times	Recite Rule #1	Sing your favorite song

# FITNESS

**B**

**I**

**N**

**G**

**O**



**Cut the following list of activities. Fold each paper and place it on a jar or container.**

<b>Count 1 to 10</b>	<b>10 jumping jacks</b>
<b>Hop 5 times</b>	<b>Jog in place for 5 seconds</b>
<b>Spell your name</b>	<b>Make a yoga pose</b>
<b>Walk like a duck</b>	<b>Hug a loved one</b>
<b>Say "I love you"</b>	<b>March in place for 15 seconds</b>
<b>Share a toy</b>	<b>Sing the Alphabet song</b>
<b>Gallop like a horse</b>	<b>Greet a loved one, Good day!</b>
<b>Dance the "Hokey Pokey"</b>	<b>Say your whole name</b>
<b>Arm circles 7 times</b>	<b>Reach the sky, put your hands up!</b>
<b>Hop like a kangaroo</b>	<b>Run in place for 12 seconds</b>
<b>"Freeze" for 10 seconds</b>	<b>Leap like a frog 5 times</b>
<b>Recite rule #1</b>	<b>Sing your favorite song</b>

# BINGO Instructions:

## Prepare:

- Print out the BINGO Card and list of activities. Cut the list of activities and place it on a container. (see page 1 and 3)

## Distribute:

- Hand out the BINGO Card to your child. (I have made a blank BINGO card as well so you can freely modify your game.)  
**TIP: You may use this in integrating house chores activities without asking your child. This one is exciting; everyone will have fun!**

## Call:

- The caller (that's you, parents) should pull out one paper in the container, read and describe it for your child/children.

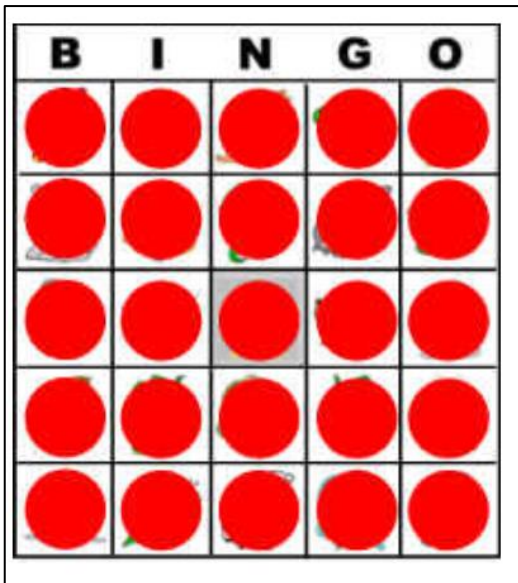
## Mark:

- Your child/children will then mark on the called activity (if it is on their card) and do what activity is asked.

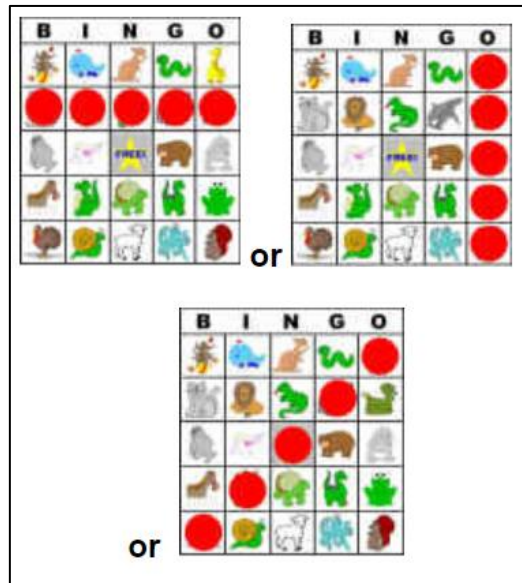
## Winning:

- Once a predetermined pattern is made on a card, the child calls out BINGO.

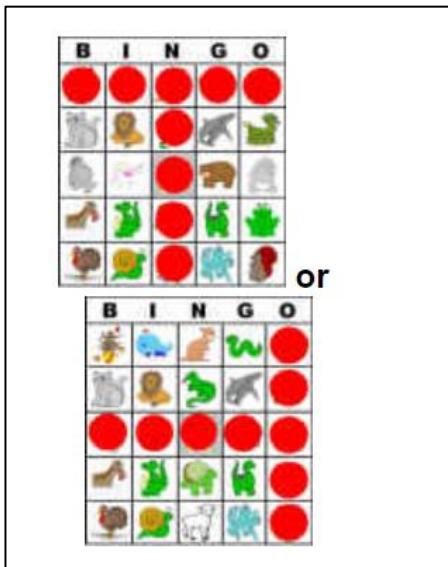
# PREDETERMINED PATTERNS



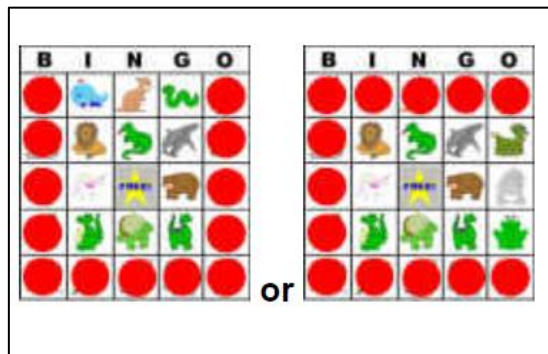
**BLACK OUT BINGO**



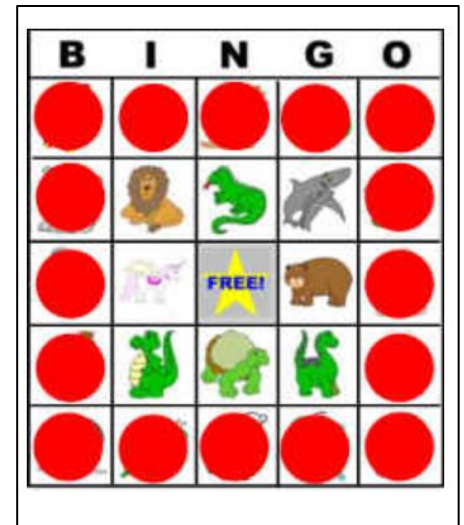
**LINES BINGO**



**T'S BINGO**



**U'S BINGO**



**SQUARES BINGO**

Source: DLTK's Printables BINGO Instructions. (n.d.). Retrieved from <http://www.dltk-cards.com/bingo/instructions.htm>