

Balance Bingo

Materials:

- Soft object (bean bag, small stuffed animal, even a roll of TP will work!)
- Small pillow
- Marker or crayon OR bingo markers if you want to reuse your board
- Space around you

Directions:

1. Print pages 2 and 3 of this document.
2. Cut apart the bingo calling cards. Place them in a container that you cannot see through.
3. Pull out one of the bingo calling cards. Perform the balance activity that matches that calling card on the bingo board. Any activity that asks you to stand still or hold a position should be held for 10-15 seconds.
4. If you can do it successfully, mark that space on your bingo board.
5. Continue until you have 5 in a row!

Bingo Board

	B	I	N	G	O
1	Stand on your left foot.	Lift a left leg. Balance your object on that knee.	Stand still on tip toes.	See how high you can lift your right leg to the side.	Balance your object on your head.
2	Balance your object on your head while you sit down and stand back up.	Stand on one foot (your choice) on top of a pillow or other soft object.	Stand on your right foot.	Balance your object on your right elbow. Try to take 5 steps.	Tree Pose (yoga) on your left foot.
3	Hold a push-up plank position.	Balance your object on your tummy. Crab walk across the room.	Free Space	Balance your object on your palm. Try to jump 5 times without dropping it.	Hold a boat pose (yoga).
4	See how high you can lift your left leg to the side.	Stand on just your heels.	Balance your object on your head. Try to spin in a circle.	Stand on one foot (your choice) and reach down to grab the toes of the raised foot.	Hop on your left foot.
5	Tree Pose (yoga) on your right foot.	Balance your object on your left elbow. Try to take 5 steps.	Lift a right leg. Balance your object on that knee.	Balance your object on your tummy. Do 6 crab kicks.	Hop on your right foot.

Bingo Calling Cards

B1	I1	N1	G1	O1
B2	I2	N2	G2	O2
B3	I3	N3	G3	O3
B4	I4	N4	G4	O4
B5	I5	N5	G5	O5