

HEALTH BINGO

B	I	N	G	O
Go for a walk around your neighbourhood	Run on the spot for 30 seconds 10 times	50 jumping jacks	Drink the equivalent of one bottle of water each day	Build a fort in your backyard
Play a sport in your backyard or 30 min (hockey, soccer etc)	Play bowling using a ball and objects around your home.	Play a board game with someone in your family	Dance to « GoNoodle » on YouTube and do an activity https://www.gonoodle.com/	Build an obstacle course using toys and things around the house and time yourself doing the course. (fun to do outside)
Dance to « Just Dance » https://www.bing.com/videos/search?q=just+dance+africa&view=detail&mid=3FC3D9993C07A0ACBAIA3FC3D9993C07A0ACBAIA&FORM=VIRE	Play the song « Thunderstruck » by ACDC. Everytime you hear Thunderstruck, you have to do a burpee.	Run around the house 3 times.	Do 10 of the following 1) Sit ups 2) Burpees 3) Push ups 4) Jumping jacks 5) squats	Find a tree to climb
Find these items outside: 1) A rock in the shape of a heart 2) A rock in the shape of a triangle 3) A pine cone	Create a workout for your family or teacher to do. You can use these or other movements to make it. Burpees Push ups Jumping jacks Squats Run in place	Read a book outside	Shovel your walk or one of your neighbour's walks.	Clean your backyard.