

Mind and Body BINGO

Mark with an "X" the different activities you complete over the course of one week. How many variations of BINGO can you get? (Vertical - 5, Horizontal - 5, Diagonal - 2, Blackout - 1)

(When complete take a picture of the completed board and post in your PE class on the HUB.)

B	I	N	G	O
Go outside for a walk and find 10 items. 5 living and 5 non-living.	Try a new healthy recipe!	Complete a Mindful Minute. Sit cross legged, close your eyes, breathe deeply in through your nose and out your mouth.	10 Frog jumps Run in place 30 sec. 10 bear walks Run in place 30 sec. 10 Clap jacks Repeat 3 times.	Call a family member or friend and check in with them.
Drink 8 glasses of water. (1 cup = 8 ounces; 64 oz.)	Create a list of people, places and things which you are grateful for.	<u>Back in the Day:</u> Play a game you used to play when you were younger or a game your parents used to play when they were your age.	Write a compliment for each person living with you right now. Give it to them and make them smile!	Go to Cosmic Kids Yoga and complete a yoga session.
10 jumping jacks 10 squats 10 push ups 10 karate kicks Repeat 3 times.	<u>Device Detox:</u> Don't use any technology for 3 consecutive hours.	FREE	Draw or color a picture.	Try a new physical activity.
Share your feelings with someone or journal about the schools being closed.	Go play outside for 30 minutes.	Put on some music and dance for 10 minutes.	<u>Card Fitness:</u> Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- curl ups	Write a letter to a friend or family member.
Clean up your room before bed.	20 scissor jumps 20 crab kicks 20 sec. balance 20 cross punches 20 lunges Repeat 3 times.	<u>Kick City:</u> 10 right side kicks 10 front kicks 10 left side kicks 10 back kicks	Complete a chore around the house.	<u>Plank Jacks:</u> In plank position (push up) move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.

(Reference: based off SHAPE America, Health Moves Minds lesson)