

LET'S PLAY BINGO

This game will get kids moving, learn new things and challenge them to work towards the goal of completion. Some of the activities are independent while some activities will involve others.

Time to complete: You set the goal

Age Group: 6 years+ (or make it age appropriate)

Materials: Print out the Bingo card and pencil.

Instructions: You may choose to complete one line, two lines, outside square, or the entire card. Lines can be diagonally, across a row, or vertically in a column. You decide based on the age of the child. Once a square is completed simply mark it off and continue until you have met your goal.

A	C	T	I	V	E
Play Hopscotch	Mow the lawn and do some gardening	Create an indoor camp-out, complete with a tent, flashlight etc.	Do a scavenger hunt indoors	Learn a new skipping game	Drink 8 glasses of water (in 1 day)
Build something using Lego, blocks, popsicle sticks, toothpicks or whatever materials you have	Play a game of balloon keep ups	Make a smoothie	Action TV – Do sit-ups, jumping jacks and climb stairs during commercials	Add some fruit to your breakfast	Write your name in cursive writing
Play an active game (i.e., Twister, Simon Says)	Identify different birds on a walk	Stage a teddy bear hide 'n' seek: parent hides teddy, you search until you find him	Set up homemade bowling with a ball and some plastic water bottles.	Go for a bike ride or scooter around the neighbourhood	Nourish your body. Snack on veggies
Read a book or magazine	Explore bugs in your yard	Break out a puzzle	Stage an indoor snowball fight with old white socks.	Do some stretches while watching TV	Bake with your Mom or Dad
Take your dog (or your family) for a walk	Cook dinner with Mom or Dad	Sidewalk chalking	Draw your favourite animal	Choose Whole Grain Bread for meals today	An apple a day keeps the doctor away! Eat your favourite fruit