



Stay

ACTIVE

Active Bingo

Here's how you play:

1. Grab a jar or basket (preferably one you can't see through) and place either crayons or markers to correspond with the colored coded columns (red, orange, yellow, green, and blue).

Don't have crayons or markers on hand?

You can write each color on a slip of paper!

2. Pull out your crayon, marker, or slip of paper and read the color aloud.
3. Your child should then pick any activity from the column that matches the color that picked.
4. Continue picking until someone gets BINGO!

Do
5
push ups

Do
10
windmill arms

Do
7
jumping jacks

Do
5
frog jumps

Run in place
and
count to 10

Do
10
jumping jacks

Do
5
squats

Run in place
and
count to 15

Do
6
star jumps

Do
5
windmill arms

Touch your
toes
8 times

Do
7
push ups

Do
10
squats

Do
5
jumping jacks

Do
10
sit ups

Do
7
sit ups

Run in place
and
count to 20

Do
5
sit ups

Do
7
squats

Touch your
toes
5 times

Do
6
frog jumps

Touch your
toes
10 times

Do
10
frog jumps

Do
10
push ups

Do
8
star jumps