

# ACTIVE BINGO

## Instructions

1. Have kids write their own name at the top of their bingo board.
2. The goal of this game is to complete the activities on ALL of the squares.
3. Kids should find a NEW partner for each activity. Both partners must complete the activity on the square before crossing it off on their bingo boards.
4. If you have a smaller group, kids can repeat partners once they've done an activity square with every kid in the group.
5. You can set a time limit or go until everyone has completed their board.
6. Afterwards, you can invite kids to share out which activity square they enjoyed most.



Name: \_\_\_\_\_

# ACTIVE BINGO

Complete each square with a new partner!



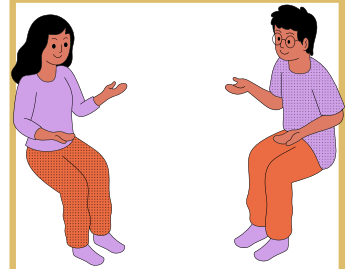
5 jumping  
jacks



Balance on  
1 leg



Skipping for  
10 seconds



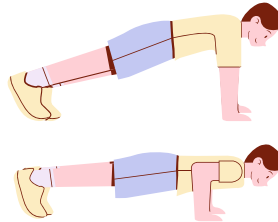
Wall sit  
competition!



Run in place  
15 seconds



Dance break  
30 seconds



5 push-ups  
each



Toe touch  
10 seconds



Tree pose  
20 seconds



Rock paper  
scissors  
game

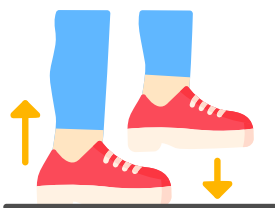
Fist bump  
or high  
five



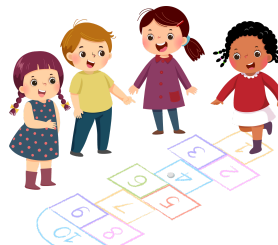
Toss a ball  
10 times



Side lunges  
5 each side



Marching  
20 seconds



10 hops in  
a row



8 squats  
each