

BEARS BINGO

Mark with an "X" the different activities you complete over the course of the week. How many different variations of BINGO can you get?

B	I	N	G	O
Go on a family walk.	Help make Lunch/Supper.	Drink Eight glass of water in a day.	Put on some music and dance for five minutes.	Clean up your room before bed.
Take part in a BOKS daily fitness class. (Link at bottom)	Try a new activity.	Draw a picture of a PE Game you would like to play when we get back.	Do 10 minutes of Yoga. (Link at bottom)	10 Jumping Jacks 10 Mountain Climbers 10 Burpees
Play outside for at least 15 minutes.	Have a Family Board game day/night.	FREE	Physical Activity of your choice.	Call a friend or family member to check in.
Build a fort. Inside or outside.	Skip 3 laps around your house.	Make yourself or your family a healthy snack.	Have a plank contest with somebody.	Teach a family member a skill or game you learned in PE class this year.
Walk up and down your stairs for 5 minutes.	Win 10 games of Rock, Paper, Scissors.	Do 20 scissor jumps, 20 crab kicks, 20 jumping jacks and 20 mountain climbing.	Have a crab walk race with a family member.	Get 60 minutes of Physical Activity in a day. (Can be broken up throughout the day)

BOKS Videos (Choose 1)

<https://www.bokskids.ca/boks-at-home/>

YOGA Videos (Choose 1)

<https://www.youtube.com/user/CosmicKidsYoga>