

## PE/Arts Education BINGO (0417) (Offline)

Do as many items on this BINGO card as you can.

You choose if these are daily activities or to be accomplished during the week. Whatever you choose to do, give yourself a positive affirmation for your participation!

Please use this copy digitally :)

<p>Write a song to COVID. What will your chorus be? Will your chorus be two lines or four?</p> 	<p>Animal Charades: Challenge yourself to only movement for this game, no sounds!</p> <p>crawl like a turtle</p>  <p>flap like a bird</p> 	<p>Try the pose below or lie down on your back.</p>  <p>Play some quiet music or no music. Take this time for some positive reflection.</p>
<p>If you can, find a step. It can be a place to stretch, do cardio, or both. And when you think about it, you only need <u>one</u> step to do this.</p> 	<p><u>Pencil Catch</u>: Start with one pencil on the back of your hand. Without flipping it up, try to catch it. With each successful catch, add one more pencil. Markers and sticks work too!</p> 	<p>At 9:23am turn the radio to your favourite station, and dance!</p> <p><b>"Together We Dance !"</b></p> 
<p>Hide and Seek Treasure Hunt:</p> <p>Draw a map of household items that you have gently hidden around your place. Your legend could include clues about the objects, ie: size, colours.</p> 	<p>Drink one more glass of water each day.</p> 	<p>Choose to do four of the following strength &amp; flexibility challenges:</p> <p>Bear crawl, crabwalk, frog leap, seal walk, inchworm, high knees, star touches, side lunge, front lunge.</p>  <p>Bear crawl</p>

If you can, go to [gloggers.weebly.com](http://gloggers.weebly.com) to get ideas and links for more PH&E, and Music activities.