

PE/Arts Education BINGO (0508) (Offline)

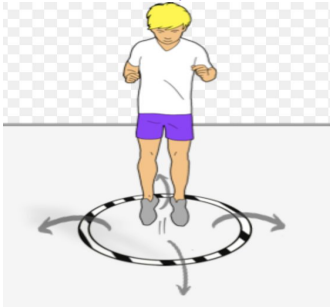
Do as many items on this BINGO card as you can.

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 :)

Happy Hopping !

Focus looking straight ahead then hop forward, hop back, hop left, hop right - round one is complete! Roll two dice for the total number of rounds to be accomplished!



Sock Tic Tac Toe!

Find 5 white socks, and 5 'other' socks. Race to and from the grid. Find two more family members and turn it into a team relay event ! (I'm using household items to create the grid!)



The Limbo !

After sweeping the kitchen floor, put that broom to good use for a second time! Create a place to limbo using the broom and two chairs.



It's Joke Time !

Q: WHAT DO YOU GIVE A SICK LEMON?



A: LEMON AID.



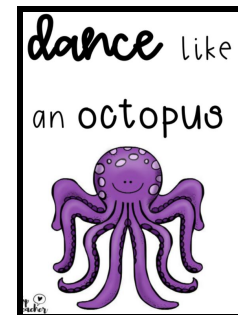
Ask your family to practice for a Variety Show. Can you memorize some jokes? That could be your contribution to the Family Variety Show!

Resilience: Find your strength, hold this pose and consider "not only is your body getting stronger but also your mind".



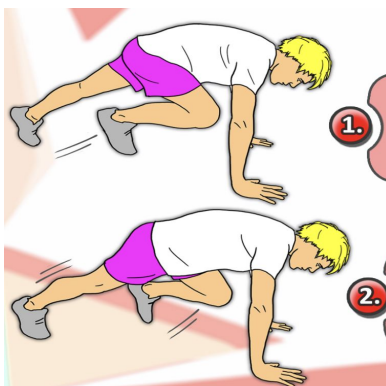
At 9:23am turn the radio to your favourite station, **sing out loud** and dance!

"Together We Dance !"



Roll two dice for your # of:

Mountain climbs



Some days, you need to ask yourself....

What will my day

look like today?

focus on:

♥ WANT TO DO ♥

? COULD DO ?

★ MUST DO ★

And remember, tomorrow is a brand new day. You can start over again fresh!

Draw: (Your choice: black and white or use your colours)

Use a picture from this Bingo Card or a previous one, and draw one of the images.

