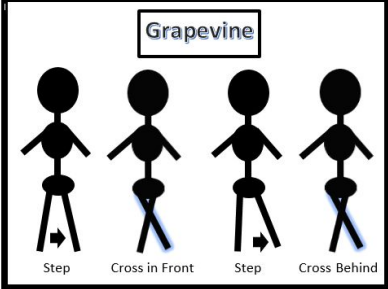


PE/Arts Education BINGO 1 (Offline)

Fill out as many items on this BINGO card as you can. You choose if these are activities on a daily basis or for the week. Whatever you choose to do, give yourself a positive affirmation for your participation!

<p>Listen to a song from 88.9 fm and draw how the song makes you feel.</p> 	<p>Hand clap this rhyme with a sibling, pet, stuffie or parent. Come up your own hand clapping sequence.</p> 	<p>Spend 15 minutes with a sibling, pet, or parent <u>without electronics</u>. Talk, play a game, cuddle, or eat a meal together.</p> 
<p>Clap, stomp, or pat the syllables of each word from your spelling list.</p> 	<p>Practice this dance move. Play your favourite song, add this move to 3 of your favourite dance moves. And voila ! You're exercising!</p> 	<p>At 9:30 am turn the radio to your favourite station, and dance! Your choice of moves, your choice how long. Remember other kids from your school might be doing it at the same time !</p> 
<p>Using two dice and five different exercises, make a PE circuit. Complete each exercise for the sum of the two dice.</p>  <p style="font-size: small;">kleuteridee.nl</p>	<p>Drink one more glass of water each day.</p> 	<p>Go for a walk, jog, or hike (with supervision) for at least 20 minutes</p> 