**Indoor Activity Bingo**

Stuck inside on a rainy day? Use this Activity Bingo game to keep the exercises flowing and the fun high!
OR
Use this sheet to help give you some activities to do over the course of a week. Can you check all of them off in 5 days?

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| **B** | **I** | **N** | **G** | **O** |
| Crab Walk around the house, all while singing happy birthday! | Run to the nearest door and back 5 times. | [Do 25 Jumping Jacks](https://www.youtube.com/watch?v=UpH7rm0cYbM) | Pick up a ball without using your hands! | Run in place and count to 30! |
| Jump from side to side while you count to 30. | Complete a chore around the house (fold the laundry, wash the dishes, etc.) | [Do 15 Sit-ups](https://www.youtube.com/watch?v=onaQ0v_J5uU) | Drink 8 glasses of water today (at minimum!) | Walk from the highest point in your home to the lowest point 5 times (IE attic to basement.) |
| 10 Long Jumps00:20 sec Plank10 Star Jumps | [Hold *Child’s Pose* yoga pose for 20 seconds.](https://www.youtube.com/watch?v=mIz8uc9eTo4) | [**FREE**](https://www.youtube.com/watch?v=R2eEUdvFFQA) | Do 10 Pushups | Walk on your knees while you count to 10 |
| Run to your parent(s) as fast as you can and tell them you love them! | [March like a toy soldier for 20 seconds.](https://www.youtube.com/watch?v=MMGKtXElgvA) | Balance on your left leg while you count to 15. | Roll a ball across the floor using only your head (be careful.) | Clean your room for 5 minutes before you go to bed! |
| Balance on your right leg while you count to 15. | Draw and Color a Picture. | [20 Toe Touches](https://www.youtube.com/watch?v=Z9_4e9IU4I0) | 10 Jumping Jacks10 Squats[10 Star Jumps](https://www.youtube.com/watch?v=h6wu4_LOhyU) | [Hold Warrior I Yoga pose for 20 seconds.](https://www.youtube.com/watch?v=k4qaVoAbeHM) |