

# Family Activity BINGO

## IT'S IMPORTANT TO KEEP YOUR FAMILY ACTIVE

Parenting involves a lot of hard work to keep our children mentally and physically strong as they grow. Instead of making exercise a chore for kids, make it fun and engaging for the whole family. We've created two family **BINGO** cards — one dedicated to **physical** play activities and one dedicated to **creative** play activities — that will be fun for the whole family.

## HOW THIS BINGO WORKS

Use the fillable PDF, or print off the cards. Complete a **BINGO** using a dauber, crayon or marker — it can be straight across, up and down or diagonal. Most squares list an activity and some squares are empty for your own ideas. Search online for examples, videos and more ideas. Set a goal of **five activities** a week. Most of all, have FUN!



B	I	N	G	O
Walk or bike for 20 minutes	Watch a favorite movie together	Jumping rope or hula hoop contest!	Do some yard work or gardening	Do some yard work or gardening
Draw pictures to put in your windows	Hide a picture of a family member somewhere conspicuous	Find five items to donate	Play yard games	Get crafty!
Play I Spy	Solve a jigsaw puzzle	<b>FREE</b>	Make a meal	Bake something
Make and send a card to a friend or relative	Blow bubbles!	Play a board game	Make a domino run	Have an indoor lemonade stand or tea party
Have a dance party	Make chalk drawings on your driveway	Create an obstacle course	Read a book aloud... but use a silly voice	Learn to count to ten in another language

## FAMILY FITNESS

# B

# I

# N

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# O

Have a dance party

Start a hula hoop, jump rope, wall sit or balance contest

Play playground games like hopscotch, 4 Square or jump rope

Go geocaching

Do a workout video

Do some yard work or gardening as a family

Play an outdoor game like freeze tag, kick the can, or capture the flag

Go kayaking, canoeing or paddle boarding

Create an obstacle course and time each other going through it

Practice stretching or yoga for 10 minutes

## FREE

Do a steps challenge with your family, or challenge another family

Play soccer or hacky sac

Go on a bike ride and pack lunches for a picnic

Do some calisthenics like push-ups, sit-up and burpees

Set up activity stations and rotate every 30-45 seconds

Do a neighborhood photo scavenger hunt

Go for a walk and play I SPY

Play follow the leader: march, jump, squat, kick, spin

Play lawn games like bocce ball, ladder golf or bean bag toss

Shoot baskets or play HORSE

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## FAMILY FUN

# B

# I

# N

# G

# O

Create a scavenger hunt

Play Minute to Win It games

Bake or cook together

Create vision boards using magazines, drawings and photos

Make and send a card to a friend or loved one

Hide an object and play Hot or Cold

Create and mail or deliver a care package

Create a family gratitude board using sticky notes. Add 3 to 5 notes every day

Start a jigsaw puzzle

Draw pictures to put in your windows

## FREE

Pop popcorn and have a movie night

Photo contest: use one phone for everyone and text photos to an outside judge

Do an art project

Decorate sidewalks and driveways with chalk drawings

Build a fort

Have a dress up day or a theme party

Play cards or board games

Create a Domino run

Play charades, Guessures or apps like Heads Up

Make funny videos

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