

Wellness Bingo

Do a PE with Joe Video	Sing a song from your favorite TV or Disney movie	Go for a walk or a bike ride	Design your own instrument	Have a running race with someone
Find a poem and make it into a Rap song	Have a game of catch throwing underhand and overhand	Draw 2 or more instruments from the Percussion family	Dance to your favorite song	Sing "Oh Canada"
Do 20 crab kicks and 20 jumping jacks	Sing a song in French	Go wash your hands and drink a glass of water.	Make a list of 10 things you are grateful for	Bounce, toss, or dribble an imaginary ball
Invent a running game	Whistle a tune or find someone who can.	Create a dance and teach it to someone	Do a coach Pirillo workout video	Go for a walk then draw a picture of the wildlife you heard or saw
Do as many mountain climbers as you can	Skip to the beat of a song	Do 3 different balances and hold for as long as you can	Draw a picture of your favorite healthy food	Play a game of Simon Says