

Brains & Bodies

B.I.N.G.O.

Find an animal home!
THEN
do **10** jumping jacks.

Find a blooming flower!
THEN
do **7** high knees.

Find a holiday decoration!
THEN
do **5** push ups.

Wave to someone you see passing by.
THEN
UP + DOWN + TOUCH THE GROUND (**1** time)!

Spot a robin!
THEN
do **12** crunches.

Find a dropping from a tree - like an acorn or pine cone.
THEN
try juggling with it **2** times.

Notice a cool breeze!
THEN
lunge **3** times.

Find a puddle!
THEN
Try to jump as wide as that puddle **6** times.

See something soft.
THEN
sway like the wind **11** times.

Notice something purple.
THEN
crab walk for **9** steps.

Spot a bunny!
THEN
hop like that bunny **4** times.

Find a walking dog.
THEN
spin around **8** times, *SLOWLY*.

Spot something delicate.
THEN
tiptoe for **13** steps.

Find something with a handle.
THEN
sing the "I'm a Little Teapot" song while doing the actions.

See something where it doesn't belong.
THEN
act like your favorite animal and let our partner guess what you are acting as.

Complete this ACTIVE scavenger hunt!
THEN
pat yourself on the back!

Try these bonus activities!

Resilience chain - cut strips of colored paper. On each write something you are good at, enjoy, or are grateful for. Make a chain to hang in your room.

Create an obstacle course as a family using couch cushions, chairs, and other items in order to build and overcome a task/challenge as a family.

No matter what you do, keep your brain and body active this summer!



in partnership with



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