

# Brains & Bodies

## B.I.N.G.O.

Spot a bee,  
**THEN**  
buzz around, zig-zagging like the bee to a growing plant and back to where you started, **just**

See a body of water,  
**THEN**  
try to do the worm **5** times!

Spot a flag,  
**THEN**  
do 10 arm circles forward, and **10** arms circles backwards!

Find something teal,  
**THEN**  
do **14** shoulder shrugs!

Find something circular,  
**THEN**  
play ring around the rosie until you all fall down **2** times!

Find something large, that needs water to survive,  
**THEN**  
march in place **9** times!

Listen and wait until you hear a bird chirping a song,  
**THEN**  
do the chicken dance **3** times!

Find something that starts with the letter "C"  
**THEN**  
move your body into the shape of a "C" and back **7** times!

Find a spiderweb,  
**THEN**  
balance on one foot for **16 seconds!**

See something bumpy,  
**THEN**  
touch your toes **11** times!

Spot a feather,  
**THEN**  
do **12** heel raises!

Find a flying bug,  
**THEN**  
do the butterfly stretch **6** times!

Spot a tree that has bark that is not brown,  
**THEN**  
jump as high as you can **13** times!

See something with a stem,  
**THEN**  
skip in a square shape **4** times!

Find and gather stones,  
**THEN**  
try stacking **8** in a tower!

Find something you didn't you expect to see,  
**THEN**  
flap your arms like they're wings **14** times!

## Try these bonus activities!

**Express gratitude - write a thank you note (draw or color a picture) to show your appreciation for someone (mailman, a relative or a friend).**

**Plant something: as a family, plant a tree, bush, flower. Notice how the item needs nourishment, care, and support from others to grow, just like we as people need from our family in order to grow.**

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



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July 2020 Edition