

Brains & Bodies

B.I.N.G.O.

See something floating,
THEN
do **14** wacky jacks.

See something furry,
THEN
do the bridge **1** time.

Watch a bird a flap its wings **8** times,
THEN
do **8** toe reaches.

Spot anything going backwards,
THEN
Reverse lunge **3** times.

Notice something that starts with the letter "B,"
THEN
Place your hand on your belly and breathe deeply **7** times.

Spot the Wisconsin state bird,
THEN
flap your arms like they are wings **10** times.

Find a dropping from a tree,
THEN
drop and hold a plank for **11** seconds.

Find 2 living things that are not the same but are in the same family,
THEN
tuck your chin and do **2** summersaults.

Find an insect that bug-eating birds like,
THEN
see how many calf raises you can do.

Smell a flower,
THEN
Tell a friend what the smell reminds you of and take a big breathe through your nose and out through your mouth.

Spot a branch that has an animal on it,
THEN
Try to hold a handstand for a count of **4**.

Spot a flowering bush,
THEN
Sprint to it and back **5** times.

See a bird that has blue feathers,
THEN
Hold your favorite yoga pose (maybe it's the bird!) for a count of **6**.

Spot a group of 3 or more animals gathering,
THEN
balance on one foot tippy toeing for **9** seconds.

Find a plant growing in a sidewalk crack
THEN
Jump over it and back **12** times!

Find a plant growing that produces something edible,
THEN
Lay down and do the bicycle **13** times.

Try these bonus activities!

The similarities between stress and excitement within the body are very similar. The next time we notice our body tense up, rethink this event as our body preparing to tackle the challenge ahead successfully. After we overcome this obstacle in our lives, notice how our body's responses helped us overcome that obstacle.

We can not control what our brain thinks about. The next time a thought get stuck in our head, realize that it is ok, and let it float on by, by not paying it any attention. Do not try and force it out, and continue on with our day.

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



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