

Staying Active Family Bingo

A fun family activity that is easy to play! Challenge both your mind and body in these activities designed for families



B	I	N	G	O
<p>Play a card game</p> 	<p>Do 10 jumping jacks</p>	<p>Call a family member to say "Hello"</p> 	<p>Do 10 squats</p>	<p>Run around the house 3 times</p>
<p>Make a time capsule</p> 	<p>Make a secret family hand shake</p> 	<p>Create a Hop Scotch Game with sidewalk chalk</p>	<p>Make a family dance routine</p> 	<p>Complete a weekly Scavenger Hunt</p>
<p>Spend 10 minutes outside <i>(stay 2 meters apart from others)</i></p> 	<p>Spend 10 minutes reading a book</p> 	<p>FREE</p> 	<p>Dance to a song</p> 	<p>Exercise as a family</p> 
<p>Build a pillow fort</p> 	<p>Wake up as a family and watch the sunrise</p> 	<p>Host a family board game night in your house</p> 	<p>Make a team game. Get creative</p> 	<p>Go for a nature walk <i>(stay 2 meters apart from others)</i></p> 
<p>Play a game of tag</p>	<p>Play musical chairs</p> 	<p>Work together to clean the whole house</p> 	<p>Spend 10 minutes stretching as a family</p>	<p>Have a picnic indoors</p> 