

Mind and Body Bingo

- Mark with an "X" the different activities you complete over the week. How many variations of BINGO can you get?
- Make sure to have parent/guardian permission before completing any BINGO challenge
- **GOAL:** Accomplish 3 different BINGO challenges a day, but no more than 5 a day 😊
- Every time you complete a BINGO reward yourself with an At Home Pirates Gold!

B	I	N	G	O
Go outside for a walk or run for 1 mile or 10 minutes with your family and track your Recess Run Club!	Eat something from all 5 food groups today (Protein, Carbohydrates, Fruit, Vegetables, Dairy/Dairy Alternative)	Complete the Yoga Sequence Below	Complete one of the At Home Workouts below	Make a list of things you are grateful for.
Drink at least 4 glasses of water throughout the day (8 ounces is one glass)	Enjoy 1 quiet mindful minute. Lay quietly, try not to think about anything besides your breathing.	Write a compliment to yourself and keep it to look at later 😊	Play catch with someone at home, keep track of your catches! (No ball? No problem! Catch a pair of folded socks!)	10 Pretend Jump Ropes 10 Jumping Jacks 10 Mountain Climbers 10 Push Ups Repeat 3 times
Play some music and dance for 5 minutes!	Write a letter to a friend or family member	YOU PICK SOMETHING HEALTHY TO DO!	Create a Tag game, and bring to gym when we get back to school!	Go outside for a walk or run for 1 mile or 10 minutes with your family and track your Recess Run Club!
Draw or Color a picture that makes your happy 😊	Tell yourself two things you are GREAT at.	10 Jumping Jacks 10 Push Ups 10 Curl Ups 10 Squats Repeat 3 times	Play outside for 15 minutes.	Complete a Cosmic Kids Yoga Video (Links below)
Hold each exercise for 20 seconds: Plank Wall Sit Crab walk position Repeat 3 times	Complete one of the At Home Workouts below	Complete a KidzBop Dance (links below)	Leave a kind note somewhere for someone to find	Eat two pieces of fruit, and two vegetables today

Cosmic Kids Yoga (<i>All videos approx. 30 minutes</i>) Pick one to start or end your day!	Dance Breaks (<i>All videos approx. 5 minutes</i>) Add one before or after lunch!
<u>Frozen</u>	<u>Ghostbusters Just Dance</u>
<u>Trolls</u>	<u>Kidz Bop Dance: Best Day of My Life</u>
<u>Harry Potter</u>	<u>Kidz Bop Dance: Fight Song</u>
<u>Moana</u>	<u>Kidz Bop Dance: Kidz Bop Shuffle</u>

At Home Workouts

<p><u>Workout #1</u></p> <p>Timer needed, if you do not have one just count out loud 😊</p>	<p>Exercise for 20 seconds, take a 10 second break before starting the next exercise</p> <p>Round 1: Repeat 4 times (4 minutes total) PUSH UPS (20 seconds) JUMPING JACK (20 seconds)</p> <p>Round 2: Repeat 4 times (4 minutes total) PLANK (20 seconds) FAST FEET IN PLACE (20 seconds)</p> <p>Round 3: Repeat 4 times (4 minutes total) WALL SIT (20 seconds) BEAR CRAWL (20 seconds)</p>
<p><u>Workout #2</u></p> <p>Count your Repetitions</p> <ul style="list-style-type: none">• K-2nd Every Exercise for 10 Repetitions• 3rd-5th Every Exercise for 15 Repetitions	<p><u>Round 1: Repeat 2 times</u> SQUATS MOUNTAIN CLIMBERS JUMPING JACKS</p> <p><u>Round 2: Repeat 2 times</u> FROG JUMPS CURL UPS SINGLE LEG LINE JUMPS</p> <p><u>Round 3: Repeat 2 times</u> PRETEND JUMP ROPES PUSH UPS HOP ON 2 FEET</p>
<p><u>Workout #3</u></p> <p>Roll the Dice! No Dice, No problem! Just complete the exercises in order 1-6 twice through!</p>	<p>Whatever number you Roll that is the exercise you complete!</p> <ul style="list-style-type: none">• <u>K-2nd 10</u> Repetitions of every exercise unless it is timed• <u>3rd-5th 15</u> Repetitions of every exercise unless it is timed• <u>Roll 12 different times</u> <p>If you roll ...</p> <p>1 = FAST FEET IN PLACE 60 SECONDS 2 = CRAB WALK 30 SECONDS 3 = MOUNTAIN CLIMBERS 4 = PRETEND/REGULAR JUMP ROPES 5= WALL SIT 30 SECONDS 6 = PUSH UPS</p>

Exercise Explanations:

PUSH UP = ON HANDS AND TOES. KEEP YOUR BACK FLAT, LOWER TO THE GROUND BY BENDING YOUR ELBOWS. TRY NOT TO LET YOUR BELLY OR LEGS TOUCH THE GROUND. PUSH BACK UP SO ARMS ARE STRAIGHT.

CURL UP = NOT A SIT UP. LAY ON BACK, KNEES BENT, FEET FLAT, ARMS BY YOUR SIDE, AND LIFT SHOULDERS AND UPPER BACK OFF THE GROUND AND SLIDE HANDS 2 INCHES FORWARD PAUSE, AND THEN RETURN BACK TO THE START POSITION

WALL SIT = BACK UP AGAINST A FLAT WALL, STEP FEET OUTSLIGHTLY, BEND KNEES 90 DEGREES AND HOLD THE SEATED POSITION.

FAST FEET IN PLACE = RUNNING FAST IN PLACE PUMP THE ARMS

BEAR CRAWL = HANDS AND FEET ON THE GROUND, BELLY FACES THE FLOOR, AND HIPS UP. WALK AROUND THE ROOM YOU ARE CRAWLING WITHOUT YOUR KNEES TOUCHING THE GROUND


CRAB WALK = HANDS AND FEET ON THE GROUND, BELLY FACES THE CEILING. HIPS ARE UP AND WALK FORWARDS OR BACKWARDS BUT DO NOT LET YOUR BOTTOM TOUCH THE GROUND.


MOUNTAIN CLIMBERS = IN A PLANK POSITION ON PALMS AND TOES, JOG YOUR KNEES IN TOWARDS YOUR CHEST

SINGLE LEG LINE JUMPS = PRETEND THERE IS A LINE ON THE FLOOR, WORK ONE LEG AT A TIME, JUMP FORWARDS AND BACKWARDS OR SIDE TO SIDE LANDING ON THE SAME FOOT 10X, THEN SWITCH FEET.


SQUATS = FEET HIP DISTANCE APART, SIT BACK INTO YOUR HEELS, PUSH YOUR BOTTOM BACK LIKE YOU ARE SITTING IN A CHAIR, STAND BACK UP.

JUMP ROPE / PRETEND JUMP ROPE = IF YOU HAVE JUMP ROPES MAKE SURE YOU HAVE ENOUGH ROOM, OR PRETEND YOU ARE SWINGING THE ROPE AND JUMPING QUICKLY OVER THE ROPE


Kid - Friendly
YOGA
 for a Healthier Generation



Mountain Pose Chair Pose Crescent Moon Pose Tree Pose
 Child's Pose Downward Facing Dog Pose Happy Baby Pose
 Butterfly Pose Rag Doll Pose Corpse Pose

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Yoga! Great way to kick start the day, or add in a mid-day movement break!

Hold each pose for 10 seconds, focus on breathing slowly in through your nose, and out through your mouth.

- Complete in Order 2x Through:
- Mountain Pose
 - Chair Pose
 - Crescent Moon Pose (Both Sides)
 - Tree Pose (Both Legs)
 - Childs Pose
 - Downward Dog
 - Happy Baby
 - Butterfly
 - Rag Doll

After Complete twice end with Corpse Pose and hold Corpse for 30 seconds to 1 minute. See who can be the best statue in the group and not move during corpse.