

COMPETITION BINGO

Race to see who can complete 5 activities in a row horizontally, vertically or diagonally. Want to win big? Complete all of the activities on the board!

Visit [Strong4Life.com](https://www.strong4life.com) for more resources to raise healthy, safe, resilient kids.

Do 20 jumping jacks.	March in place for 30 seconds.	Pretend to jump rope for 20 seconds.	Walk across the room balancing a piece of paper on your head.	Skip around the room 3 times.
Do 5 ninja moves.	Hop like a frog and collect 3 green items.	Make up a 1-minute dance routine.	Crab walk across the room.	Do 10 star jumps.
Sing the ABC's while balancing on 1 foot.	Toss a ball into a bucket 10 times.		Skip like a lemur and collect 4 things.	Do 5 superhero poses.
Walk like a bear across the room.	Hop on 1 foot, then the other, 10 times.	Air hula hoop for the length of a song.	Dance like a robot for 30 seconds.	Play air guitar for 40 seconds.
Bunny hop and collect 5 things.	Slither like a snake across the room.	Climb up an imaginary ladder for 20 seconds.	Pop like a popcorn kernel for 20 seconds.	Do a 20-second plank.

STRONG4LIFE™



Children's
Healthcare of Atlanta