

FAMILY COMPETITION

BINGO

Do 20 jumping jacks.

March in place for 30 seconds.

Pretend to jump rope for 20 seconds.

Walk across the room balancing a pillow on your head.

Skip around the house 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 pair of socks into a bucket 10 times.



Stand on a pillow and "surf" for 1 minute.

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.

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