

# Bingo

For your Daily Mile Class!

Wave to everyone you see

Say "hi" in a different language

Do The Daily Mile in the p.m.



Pick any activity on this card

Do 5 hops on 1 leg

Do The Daily Mile quietly

Drink water after you run



Count how many steps you take

Do 5 jumping jacks first

Run faster than you've ever run

Talk about something fun you did

Look for 10 things that are green



Run with a new friend

Listen for birds singing



Sing a song while walking

Count how many trees you see

Run for two extra minutes

Walk The Daily Mile

Do The Daily Mile in the a.m.

Look for your shadow

High 5 a friend on your way

Find 5 blue objects

Run your route in reverse

Give a friend a compliment



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## INSTRUCTIONS

1. Download and print two copies of the BINGO card.
2. Cut out the BINGO squares from one of the cards and put them in a bag. Post the other BINGO card on the classroom wall.
3. Let your students take turns pulling a BINGO square from the bag each day.
4. Have your class complete the activity listed on the square, then cross off the activity on the BINGO card that's posted on the classroom wall. The center square is a free space.
5. When your class has crossed off all activities in a row (up and down, across, or diagonally), give them a special treat!
6. Repeat the game as many times as you'd like to encourage your students to stay active!

