



Let's Get Moving!

Brain Re-Energizer Bingo Board



Do 15 Jumping Jacks	Balance a Book on Your Head and Walk Around	Jump as High as You Can Five Times	Skip in a Big Circle Three Times	Do Arm Windmills for 30 Seconds
Crab Walk Across the Room	Touch Your Toes and Reach to the Sky – Repeat Ten Times	Move Only One Side of Your Body – Switch to the Other	Rub Your Belly and Pat Your Head for 30 Seconds	Say the ABCs Backwards
Hop on One Foot for 30 Seconds	Do the Chicken Dance		Touch Your Elbow to Your Opposite Knee – Repeat 20 Times	Do 5 Push-Ups
Count Backwards by 5s from 100	Jog in Place for 1 Minute	Do a Back Bend and Hold for Ten Seconds	Dance to Your Favorite Song	Do Three Summersaults
Make Up a Social Distancing “Handshake”	Play Catch for 2 Minutes	Stretch for Three Minutes	Balance on One Foot	Sing Your Favorite Song Using a Silly Voice