



MOVEMENT BINGO

Use this BINGO card to track all the different types of movement you do in a day, on a walk, or on a trip! You can reuse this board as often as you like as a good reminder to move your different muscles in different ways.



tiptoe walking



hopping



march



rowing



push-ups



stretches



treadmill



heel walk



leap frog



full body rock
paper scissors



arm circles



toe touches



crab walk



tunnels



tuck jumps



star jumps

100

