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| B | I | N | G | O |
| Go on a family walk. | Help make Lunch/Supper. | Drink 6 to 8 glasses of water in a day. | Put on some music and dance for five minutes. | Clean up your room before bed. |
| Play charades. Include some actions to demonstrate emotions. | Make a list of 5 things that you are grateful for. Share with someone. | Draw a picture of a PE Game you would like to play when we get back. | Do 10 minutes of Yoga. (Link at bottom) | 10 Jumping Jacks 10 Push ups  10 Burpees |
| Play outside for at least 15 minutes. | Have a Family Board game day/night. | FREE | Do 10 min of Just Dance or Go noodle (Links at the bottom) | Call a friend or family member to check in. |
| Build a fort. Inside or outside. | Skip 3 laps around your house. | Make yourself or your family a healthy snack. | Make a card for someone in your family. Give 2 compliments. | Call a relative to get a recipe for their famous dish that you love! |
| Walk up and down your stairs for 5 minutes. | Win 10 games of Rock, Paper, Scissors. | Pick your favorite activity and do it again. | Have a crab walk race with a family member. | Get 60 minutes of Physical Activity in a day. (Can be broken up throughout the day) |

Jr. Cobra Bingo 

**Mark with an “X” the different activities you complete over the course of the week. How many different variations of BINGO can you get?**

**Yoga Videos**

<https://www.youtube.com/user/CosmicKidsYoga>

**Dancing/Movement Options: Go noodle or Just Dance for Kids**

<https://family.gonoodle.com/>

<https://www.youtube.com/watch?v=ziLHZeKbMUo> **(Just Dance – Move It, Move It)**

<https://www.youtube.com/watch?v=sHd2s_saYsQ> **(Kidzbop Dance/Sing)**