

Family Outdoor BINGO

Instructions: Find the items, complete the activity, and put an X in the box when complete. Play any version of BINGO you want (single line, black out, etc.)!!!

<p style="text-align: center;">Blue Car + 10 Jumping Jacks</p>	<p style="text-align: center;">Amazon Delivery Van + 10 Squats</p>	<p style="text-align: center;">A Speed Limit Sign + High knees for the length of time listed on the sign (IN SECONDS)</p>	<p style="text-align: center;">Ivy + 30 Second Plank</p>	<p style="text-align: center;">A Tree with DARK Green Leaves + 10 Jumps for distance (two-footed)</p>
<p style="text-align: center;">A Swing Set + 20 Toe Touches w/ Straight Legs (or as close to touching toes as you can)</p>	<p style="text-align: center;">Cross Walk + T-Pose and do arm circles for 30 seconds</p>	<p style="text-align: center;">A Person Walking Their Pet + Imaginary hopscotch</p>	<p style="text-align: center;">Red Bike + 10 Alternating Forward Lunges</p>	<p style="text-align: center;">Little Free Library + 1 Minute Rest</p>
<p style="text-align: center;">A Bus Stop w/ Bench + Alternating sit/stand on the bench 20 times</p>	<p style="text-align: center;">Airplane + 10 Squats</p>	<p style="text-align: center;">FREE SPACE</p>	<p style="text-align: center;">A Garden Figurine + Copy the figurine pose for 10 seconds</p>	<p style="text-align: center;">Squirrel + 60 Second Butterfly Stretch</p>
<p style="text-align: center;">Yellow Flower + 30 Second Hold Alternating Quad Stretch</p>	<p style="text-align: center;">USPS Mail Carrier + Silly Walk for the entire length of the block you are on</p>	<p style="text-align: center;">Coffee Shop + 30 Bicep Curls with body weight only</p>	<p style="text-align: center;">Seagull + Run around a stationary object flapping your wings like a bird for 30 seconds</p>	<p style="text-align: center;">A Large Boulder + Rock/Paper/ Scissors w/ your partner. Winner chooses an activity</p>
<p style="text-align: center;">A Yellow House + Use your body to spell out the word: YELLOW</p>	<p style="text-align: center;">Graduation Sign + Cheer for the graduates for 30 seconds</p>	<p style="text-align: center;">A Tree with LIGHT Green Leaves + 10 Jumps as HIGH as you can</p>	<p style="text-align: center;">A Recycling Trash Can + Do some dance moves...with ENTHUSIASM</p>	<p style="text-align: center;">Public Stairs + Walk/Jog/Run up and down 6 times</p>

