

Winter Physical Activity Bingo



Here are fun ways to keep moving this winter! See how many BINGO squares you can check off.

B	I	N	G	O
Go for a walk or run 	Build an indoor obstacle course	Have a dance party 	Go sledding	Play balloon volleyball 
Make a scavenger hunt	Scoop snow 	Stream a fitness video	Make indoor hopscotch with painter's tape	Try indoor bowling with empty water bottles
Play follow the leader	Build a fort with pillows & blankets	Free Space	Go to a playground 	Clean your room, vacuum or dust
Draw a chalk maze on the driveway	Play sock or beachball basketball 	Blow bubbles outside – if it's cold enough, they will freeze	Enjoy a bike ride 	Have an indoor snowball fight with wads of paper
Try yoga 	Make a painter's tape balance beam	Go on a winter nature hike	Build a snowman or snow family	Fly paper airplanes 



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Spring Physical Activity Bingo



Here are fun ways to keep moving this spring! See how many BINGO squares you can check off.

B	I	N	G	O
Have a dance party – outdoors or indoor	Go for a walk or a run 	Build an outdoor obstacle course	Go fishing	Play soccer, softball or baseball 
Make your own mini golf course 	Have a picnic	Start a garden 	Make outdoor hopscotch with sidewalk chalk	Find shapes in the clouds
Play catch	Shoot hoops 	Free Space	Go to a playground 	Spring clean your room
Draw a chalk maze on the driveway	Plant a tree 	Blow bubbles	Enjoy a bike or scooter ride 	Host an outdoor tea party
Try yoga 	Put on rain boots and splash in the rain puddles	Go on a spring nature hike	Jump rope	Fly a kite 



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Summer Physical Activity Bingo



Here are fun ways to keep moving this summer! See how many BINGO squares you can check off.

B	I	N	G	O
Go swimming 	Go to the farmer's market	Go on a hike with your family	Enjoy a game of baseball in your backyard or at the park	Cool off with a water balloon race
Create hopscotch with sidewalk chalk	Build a fort outside	Make homemade pizza 	Plan a picnic with your family	Take a 30 minute walk outside 
Plant a flower or a vegetable	Catch fireflies at night 	Free Space	Run through the sprinkler 	Enjoy a family bike ride
Help cook dinner 	Have a dance party	Play kickball	Have a water fight	Plan an electronic free weekend
Watch the sun set	Create a relay race	Play catch outside 	Create your own smoothie	Go on a nature walk 



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Fall Physical Activity Bingo



Here are fun ways to keep moving this fall! See how many BINGO squares you can check off.

B	I	N	G	O
Go to a pumpkin patch	Take a trip to the farmer's market	Hike in the fall foliage 	Collect colorful leaves	Warm up with a bowl of soup 
Make a maze in the leaves 	Choose the stairs instead of the elevator	Try a new type of winter squash	Roast pumpkin seeds 	Take an evening walk
Attend a fall festival	Play hide and seek	Free Space	Plant bulbs for spring	Go for a morning bike ride 
Have a fall picnic	Rake leaves 	Try a new fall recipe from food.unl.edu	Taste different varieties of apples	Unplug from technology for the day
Jump Rope 	Play an active video game	Play catch outside	Carve pumpkins 	Create an outdoor obstacle course



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