

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 



Connect with @UNLfoodfitness

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