

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  |



Connect with @UNLfoodfitness

food@unl.edu

