

MOVE BINGO



Are you looking for a fun but organized way to get kids moving? If so, this printable BINGO game, created for toddlers and beyond, is for you!

BONUS- reference our 'Questions for Kids' page throughout the game to encourage engaging discussion around physical activity and the human body.



TIME TO PLAY

1. Download and print Move BINGO. *Recommend printing on cardstock or laminating for durability!
2. Cut out the caller cards.
3. Find any small objects to use as markers. Buttons, pennies, or even pebbles will work!
4. Pass out the BINGO cards, shuffle the caller cards, set aside your "Questions for Kids" page for reference, and have fun!

During play: After sharing a caller card, allow kids time to try the movement before moving on!

MOVE BINGO



QUESTIONS FOR KIDS

Throughout the game, pause to ask kids a question from below. Create a safe space by reminding kids there are no wrong answers and thank them for sharing!

- What's your favorite movement activity to do inside?
- How many minutes a day should you be active? 30 minutes, 20 minutes, or 60 minutes?
 - A: 60 minutes
- Did You Know? Just 10 minutes of movement can boost your brain power!
- How does moving your body make you feel?
- How many times does your heart beat in one day?
 - A: 100,000 times
- What's your favorite movement activity to do outside?
- Show me your favorite stretch!
- How many bones are in a grown-up's body?
 - A: 206 bones



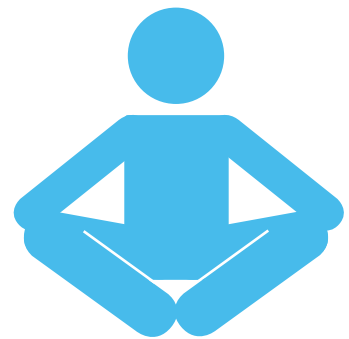
BINGO



ARM CIRCLES



FROG JUMPS



BUTTERFLY



BUTT KICKS



TOE TOUCHES



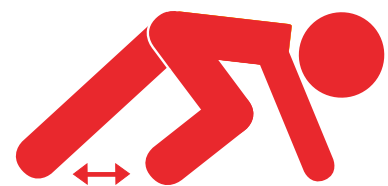
JUMPING JACKS



ARM STRETCH



SHOOT HOOPS



MOUNTAIN CLIMBERS

BINGO



QUICK PUNCHES



REACH HIGH



QUAD STRETCH



SIDE STRETCH



CRUNCHES



SHOULDER PRESS



DANCE



WRIST FLEX



SQUATS

BINGO



SIDE STRETCH



SHOULDER STRETCH



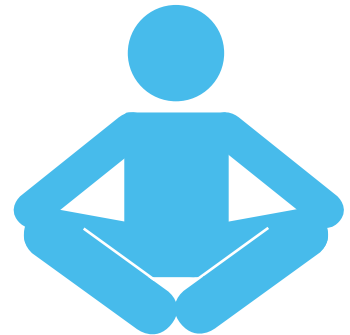
QUICK PUNCHES



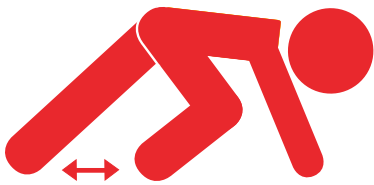
JUMPING JACKS



ARM RAISES



BUTTERFLY



MOUNTAIN CLIMBERS

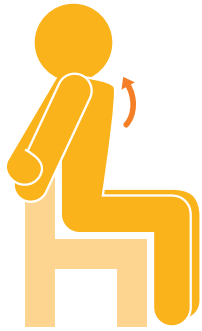


TOE TOUCHES



DANCE

BINGO



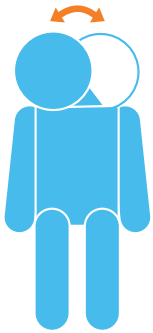
CHEST STRETCH



TRICEP STRETCH



BACK STRETCH



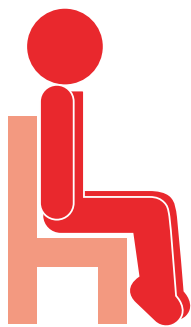
NECK ROLLS



REACH HIGH



CRUNCHES



CALF RAISES



SIDE STRETCH



TORSO TWIST

BINGO



BUTT KICKS



HIP STRETCH



QUICK PUNCHES



ARM STRETCH



SHOOT HOOPS



SIDE STRETCH



REACH HIGH



SQUATS



WINDMILLS

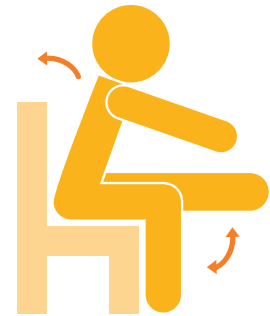
BINGO



HIP STRETCH



ARM RAISES



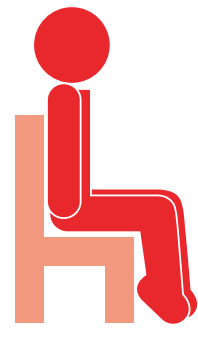
WINDMILLS



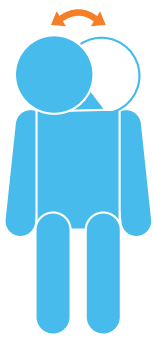
FROG JUMPS



WRIST FLEX



CALF RAISES



NECK ROLLS



ARM CIRCLES

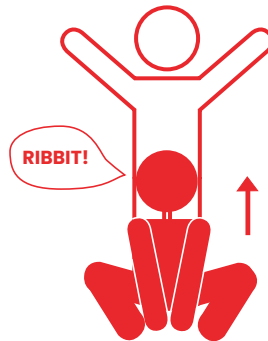


BUTTERFLY

BINGO



SHOULDER PRESS



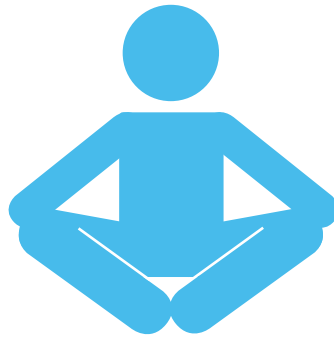
FROG JUMPS



TOE TOUCHES



BUTT KICKS



BUTTERFLY



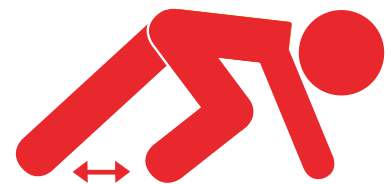
REACH HIGH



ARM STRETCH



DANCE



MOUNTAIN CLIMBERS

BINGO



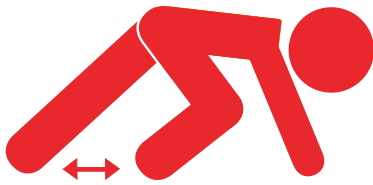
ARM CIRCLES



FROG JUMPS



QUAD STRETCH



MOUNTAIN CLIMBERS



SIDE STRETCH



SHOOT HOOPS



WRIST FLEX



JUMPING JACKS



BUTT KICKS

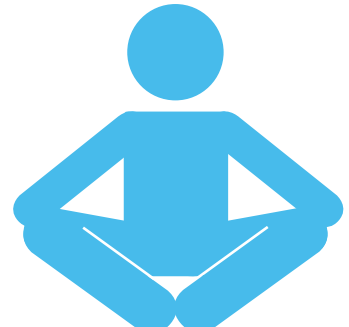
BINGO



JUMPING JACKS



QUICK PUNCHES



BUTTERFLY



ARM RAISES



ARM STRETCH



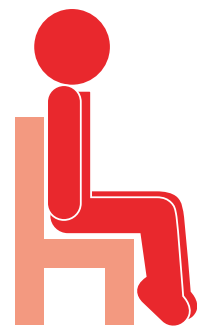
ARM CIRCLES



TOE TOUCHES



SHOOT HOOPS



CALF RAISES

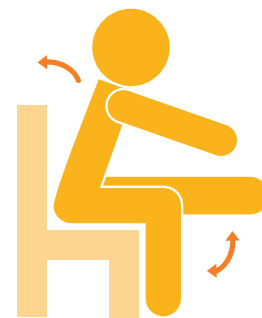
BINGO



CHEST STRETCH



NECK ROLLS



WINDMILLS



TRICEP STRETCH



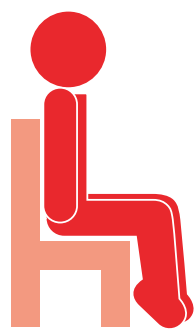
SHOULDER PRESS



WRIST FLEX



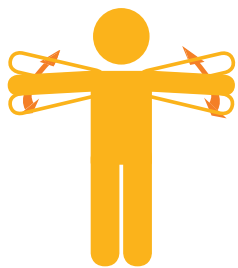
TORSO TWIST



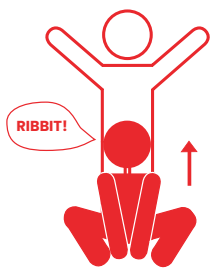
CALF RAISES



BACK STRETCH



ARM CIRCLES



FROG JUMPS



BUTTERFLY



DANCE



BUTT KICKS



TOE TOUCHES



JUMPING JACKS



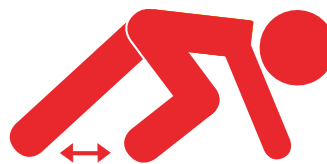
CRUNCHES



ARM STRETCH



SHOOT HOOPS



MOUNTAIN CLIMBERS



QUAD STRETCH



REACH HIGH



SQUATS



SIDE STRETCH



SHOULDER STRETCH



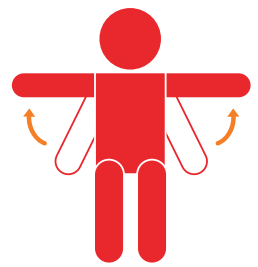
QUICK PUNCHES



WRIST FLEX



SHOULDER PRESS



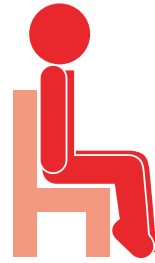
ARM RAISES



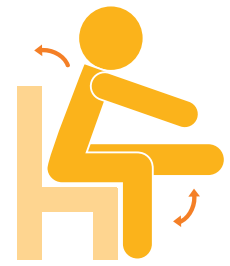
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