

# At Home Bingo! Week 5

How many bingos can you get? Can you get a blackout by the end of the week?

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Create an obstacle course in your house using pillows, furniture, toys etc.	Count the number of computers, laptops, tablets, and cell phones at your house.	Go for a walk outside if possible or around your house for 15 minutes.	Draw a picture of your favorite sport or activity	Walk/March to the steady beat of your favorite song
Play dodgeball with your family using balled up socks for 10 minutes.	Make a paper airplane that can fly more than Three feet	Eat Fruit or vegetables with Every meal.	Draw outer space in the sand. Include earth, sun, moon and lots of stars.	Write a poem About how you are feeling right now
Do 10 jumping jacks in each room of your house	Use a cell phone or other camera to take a selfie of you stretching	Free Space-Do an activity of your choice.	Use scraps of paper or string or A paper plate & make a work of Art for your parents	Performance Time! Everyone in the family perform a song as a solo and then pick a song to perform together
Toss a stuffed animal or ball to yourself during a commercial. How many catches can you make before your show comes back on?	Imaginary jump rope for 1 minute and have a family member time you.	See who can do more pushups in 30 Seconds the kids or parents	See who in your family can do the most sit ups in 30 seconds	Teach your family how to do An exercise you Learned in PE Class
Push-up Challenge-How many push-ups can you do in a minute?	If you have internet access, play a game on pbskids.org.	Draw a picture of your favorite exercise then do it 20 times.	Make a newspaper and tape ball & bat or both	Ask your family to share their favorite dance moves with you