

# SUMMER BREAK @HOME

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## Move It! BINGO

This is a fun game to encourage physical activity. Adjust activities in this game to meet varying ability levels within your group.

### Contents

- ♦ 4 game cards
- ♦ Move It! Cards
- ♦ How do I do that move? Instructions

### What you will need from home

- ♦ Game pieces for your BINGO card. They can be almost anything—get creative!

### Set up

- ♦ Each player selects a bingo card.
- ♦ Place Move It! Cards in a stack facing down.

### How to Play

- ♦ Take turns drawing one Move It! Card. All players with the move drawn must perform that move (or an agreed upon alternative).
- ♦ The player who gets four squares in a row (horizontal, vertical or diagonal) wins. That player should yell “Bingo!”

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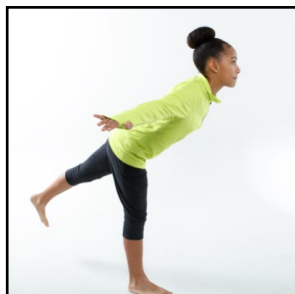
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### How do I do that move?

Perform movements that are comfortable for you.  
Find a variation if something doesn't work!

#### Airplane pose\*:



#### Arm circles:

Lift your arms out to the side and make circular motions.

#### Balloon bump:

Keep a balloon in the air by tapping it with any body part you choose!  
Two balloons are included.

#### Bear walk:

Place your hands and feet on the floor (face downward) and walk on all four.

#### Burpees:

Start standing and bend forward to place your hands on the floor in front of you. Then, walk or jump your feet backwards into plank position, and then walk or jump your feet forward to your hands. Return to standing.

#### Choose your own:

Choose your own move! It could be one on the game cards, or one you make up!

#### Crab walk:

Place your hands and feet on the floor (face upward) and walk on all four.

# Move It! BINGO

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## Downward dog position\*\*:



## Tree pose\*:



## Hula hoop:

If you have a hula hoop, that's great! If not, pretend! Circle your hips and do the "hula hoop."

## Plank position\*:



## Wheel barrow:

Place your hands on the floor and have a partner pickup your legs. Walk on your hands while someone holds your feet.

## Sit & reach:

Sit on the floor with legs extended in front of you. Reach for your toes! Can you touch them?

## Superman pose:

Lie on your stomach and stretch your arms and legs out and off the ground.

## Walk the balance beam:

Create a balance beam. Use a piece of tape, a jump rope, whatever you have available that will work for your group.

\*Source: <https://shapeyourfutureok.com/get-active/>

\*\*Source: <https://bookyogatraining.com/blog/yoga-for-kids/>

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## Move It! BINGO



The first player to get 4 in a row wins!  
(vertical, horizontal, or diagonal)

<b>Jump rope</b> Jump rope for at least 2 jumps	<b>Plank position</b> Hold plank position for 10 or more seconds	<b>Hop on 1 foot</b> Hop 10 times	<b>Run/jog/walk for 1 minute</b> In place or all around!
<b>Arm circles</b> Circle for 30 seconds	<b>Balance on 1 foot &amp; sing alphabet song</b>	<b>Walk the balance beam</b>	<b>Jumping jacks &amp; count to 20</b>
<b>Downward dog pose</b> Hold downward dog pose for 10 seconds	<b>Choose your own</b> Go for 30 seconds or 10 repetitions	<b>Tree pose</b> Hold pose for 5 seconds	<b>Wheel barrow</b> Do the "wheel barrow" for 10 steps
<b>Frog hop &amp; ribbit 10 times</b>	<b>Balloon bump</b> Keep a balloon in the air for 10 hits	<b>Crab walk &amp; sing Twinkle, Twinkle Little Star</b>	<b>Burpees</b> Do at least 5 burpees



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## Move It! BINGO



The first player to get 4 in a row wins!  
(vertical, horizontal, or diagonal)

<b>Jumping jacks &amp; count to 20</b>	<b>Airplane pose</b> Hold pose for 5 seconds or more	<b>Choose your own</b> 30 seconds or 10 repetitions	<b>Hop on 1 foot</b> Hop 10 times
<b>Arm circles</b> Circle for at least 30 seconds	<b>Balloon bump</b> Keep balloon in the air for 10 hits	<b>Jump rope</b> Jump rope for at least 2 jumps	<b>Burpees</b> Do at least 5 burpees
<b>Silly dance</b> Do a silly dance for 30 seconds	<b>Plank position</b> Hold plank position for 10 or more seconds	<b>“Hula hoop”</b> Use pretend or real hoop for 10 seconds	<b>Crab walk &amp; sing Twinkle, Twinkle Little Star</b>
<b>Downward dog pose</b> Hold downward dog pose for 10 seconds	<b>Jump over</b> Jump over object (both feet) 10 times	<b>Walk the balance beam</b>	<b>Run/jog/walk for 1 minute</b> In place or all around!

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## Move It! BINGO



The first player to get 4 in a row wins!  
(vertical, horizontal, or diagonal)

<b>Balance on 1 foot &amp; sing the alphabet song</b>	<b>Superman pose</b> Hold superman pose for 10 seconds	<b>Wheel barrow</b> Do the "wheel barrow" for 10 steps	<b>Sit &amp; reach</b> Sit and reach for 20 seconds
<b>Choose your own</b> 30 seconds or 10 repetitions	<b>Bear walk</b> Bear walk for 30 seconds	<b>Balloon bump</b> Keep balloon in the air for 10 hits	<b>Jump rope</b> Jump rope for at least 2 jumps
<b>Arm circles</b> Circle for at least 30 seconds	<b>Jump over</b> Jump over object (both feet) 10 times	<b>Tree pose</b> Hold pose for 5 seconds	<b>Frog hop &amp; ribbit 10 times</b>
<b>Airplane pose</b> Hold pose for 5 seconds or more	<b>Silly dance</b> Do a silly dance for 30 seconds	<b>Hop on 1 foot</b> Hop 10 times	<b>"Hula hoop"</b> Use pretend or real hoop for 10 seconds

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## Move It! BINGO



The first player to get 4 in a row wins!  
(vertical, horizontal, or diagonal)

<b>Silly dance</b> Do a silly dance for 30 seconds	<b>Frog hop &amp; ribbit 10 times</b>	<b>Walk the balance beam</b>	<b>Balance on 1 foot &amp; sing the alphabet song</b>
<b>Wheel barrow</b> Do the "wheel barrow" for 10 steps	<b>Bear walk</b> Bear walk for 30 seconds	<b>Superman pose</b> Hold superman pose for 10 seconds	<b>Tree pose</b> Hold pose for 5 seconds
<b>Walk the balance beam</b>	<b>Choose your own</b> 30 seconds or 10 repetitions	<b>Hop on 1 foot</b> Hop 10 times	<b>Sit &amp; reach</b> Sit and reach for 10 seconds
<b>Run/jog/walk for 1 minute</b> Run in place or around!	<b>"Hula hoop"</b> Use pretend or real hoop for 10 seconds	<b>Airplane pose</b> Hold pose for 5 seconds or more	<b>Jumping jacks &amp; count to 20</b>

## **Jump rope**

Jump rope for at least 2 jumps

## **Plank position**

Hold plank position for 10 or more seconds

## **Hop on 1 foot**

Hop 10 times

## **Arm circles**

Circle for 30 seconds

## **Balance on 1 foot & sing alphabet song**

## **Walk the balance beam**

## **Downward dog pose**

Hold downward dog pose for 10 seconds

## **Choose your own**

Go for 30 seconds or 10 repetitions

## **Tree pose**

Hold pose for 5 seconds

## **Frog hop & ribbit 10 times**

## **Balloon bump**

Keep balloon in the air for 10 hits

## **Crab walk & sing Twinkle, Twinkle Little Star**



**Move It!**

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## **Airplane pose**

Hold pose for  
5 seconds or more

## **Silly dance**

Do a silly dance for  
30 seconds

## **“Hula hoop”**

Use pretend or  
real hoop for  
10 seconds

## **Jump over**

Jump over object  
(both feet) 10 times

## **Superman pose**

Hold superman  
pose for  
10 seconds

## **Bear walk**

Bear walk for  
30 seconds

## **Sit & reach**

Sit and reach for  
10 seconds

## **Jumping jacks & count to 20**

## **Run/jog/walk for 1 minute**

In place or all  
around!

## **Wheel barrow**

Do the “wheel  
barrow” for  
10 steps

## **Burpees**

Do at least  
5 burpees.

**Move It!**

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