

# BINGO

Play a board game with someone in your family	Go for a walk around your neighbourhood	Drink the equivalent of one bottle of water each day	Build a fort in your backyard
Do 10 of each of the following : Sit ups, Burpees, Push Ups, Jumping Jacks and Squats	Play the song «Thunderstruck» by ACDC. Everytime you hear «Thunderstruck» do a burpee	Dance to «Just Dance» <a href="https://www.bing.com/videos/search?q=just+dance+africa&amp;view=detail&amp;mid=3FC3D9993C07A0ACBA1A3FC3D9993C07A0ACBA1A&amp;FORM=VIRE">https://www.bing.com/videos/search?q=just+dance+africa&amp;view=detail&amp;mid=3FC3D9993C07A0ACBA1A3FC3D9993C07A0ACBA1A&amp;FORM=VIRE</a>	Run around the house 3 times.
Read a book outside	Plant some flowers	Clean your backyard	Do 50 Jumping Jacks
Build a fort in your backyard	Run on the spot for 30 seconds 10 times	Play a sport in your backyard for 30 mins (hockey, soccer, basketball, etc.)	Find these items outside: A heart shaped rock, a triangular shaped rock, a pine cone, a flower and an insect.