Bingo

For your Daily Mile Class!

Wave to everyone you see	Say "hi" in a different language	Do The Daily Mile in the p.m.	Pick any activity on this card	Do 5 hops on 1 leg
Do The Daily Mile quietly	Drink water after you run	Count how many steps you take	Do 5 jumping jacks first	Run faster than you've ever run
Talk about something fun you did	Look for 10 things that are green	The Daily Mile children fit for life	Run with a new friend	Listen for birds singing
Sing a song while walking	Count how many trees you see	Run for two extra minutes	Walk The Daily Mile	Do The Daily Mile in the a.m.
Look for your shadow	High 5 a friend on your way	Find 5 blue objects	Run your route in reverse	Give a friend a compliment

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INSTRUCTIONS

1. Download and print two copies of the BINGO card.
2. Cut out the BINGO squares from one of the cards and put them in a bag. Post the other BINGO card on the classroom wall.
3. Let your students take turns pulling a BINGO square from the bag each day.
4. Have your class complete the activity listed on the square, then cross off the activity on the BINGO card that's posted on the classroom wall. The center square is a free space.
5. When your class has crossed off all activities in a row (up and down, across, or diagonally), give them a special treat!
6. Repeat the game as many times as you'd like to encourage your students to stay active!