



DREAM
SEEDS[®]

**PHYSICAL ME
BINGO**



PHYSICAL ME BINGO

INSTRUCTIONS

Complete as many of the activities below as you can, you are welcome to do an activity more than once! Just make sure you tick it off every time you complete it and give yourself a high-five for doing so

Follow a Youtube fitness workout	Learn how to juggle	Set up a golf course in your backyard and play it	Go for a jog
Do 10 minutes of skipping	Follow a Youtube dance "Just Dance"	Master a cartwheel or hand stand	Play your favourite sport
Practice skills from your favourite sport	Create an obstacle course in your backyard	Try some yoga	Do some gardening
Go for a walk	Create your own fitness circuit and do it	Dance to any song you like for the full song	Do 10 push ups