

How to play Movement Bingo:

1. Cut these squares apart.
2. Put them in a hat, cup or box.
3. Draw a square.
4. Perform the action.
5. Cover the space.



Dance to your favorite song!	Find an object that makes a <i>quiet</i> noise	Alligator Crawl through a box	Listen to a salsa song	Hold a funny balance pose for at least 10 seconds
Play Rolling Bowling with plastic cups	Use flashlights to look for objects in a dark room	Listen to a swing song	Keep a balloon in the air for at least 1 minute	Stand on your tip toes for 5 seconds
Find the longest line and use it like a Balance Beam	Pencil Roll as far as you can	BINGO	Blow bubbles and watch them float through the air	Make an obstacle course with pillow to Creep over
Find an object that makes a LOUD noise	Make a fort to Creep in and out of	Spin for 15 seconds, stand still for 15 seconds	Balance a plastic egg on a spoon as you walk around	Alligator Crawl for 10 feet
Listen to a jazz song	Toss and catch a sock ball while you count by 5s to 100	Cross Pattern and count 0 50 by 2s	Heel-Toe walk around the kitchen	Go outside and find a place to Pencil Roll



B I N G O

Alligator Crawl for 10 feet	Spin for 15 seconds, stand still for 15 seconds	Dance to your favorite song!	Keep a balloon in the air for at least 1 minute	Toss and catch a sock ball while you count by 5s to 100
Make an obstacle course with pillow to Creep over	Pencil Roll as far as you can	Hold a funny balance pose for at least 10 seconds	Listen to a jazz song	Find an object that makes a LOUD noise
Heel-Toe walk around the kitchen	Blow bubbles and watch them float through the air	FREE	Use flashlights to look for objects in a dark room	Play Rolling Bowling with plastic cups
Go outside and find a place to Pencil Roll	Listen to a salsa song	Find an object that makes a <i>quiet</i> noise	Find the longest line and use it like a Balance Beam	Alligator Crawl through a box
Cross Pattern and count 0 50 by 2s	Make a fort to Creep in and out of	Balance a plastic egg on a spoon as you walk around	Stand on your tip toes for 5 seconds	Listen to a swing song



B I N G O

Toss and catch a sock ball while you count by 5s to 100	Find an object that makes a LOUD noise	Play Rolling Bowling with plastic cups	Listen to a salsa song	Dance to your favorite song!
Make a fort to Creep in and out of	Go outside and find a place to Pencil Roll	Listen to a swing song	Alligator Crawl for 10 feet	Find the longest line and use it like a Balance Beam
Balance a plastic egg on a spoon as you walk around	Spin for 15 seconds, stand still for 15 seconds	FREE	Keep a balloon in the air for at least 1 minute	Blow bubbles and watch them float through the air
Alligator Crawl through a box	Listen to a jazz song	Make an obstacle course with pillow to Creep over	Heel-Toe walk around the kitchen	Cross Pattern and count o 50 by 2s
Pencil Roll as far as you can	Stand on your tip toes for 5 seconds	Use flashlights to look for objects in a dark room	Find an object that makes a <i>quiet</i> noise	Hold a funny balance pose for at least 10 seconds



B I N G O

Hold a funny balance pose for at least 10 seconds	Heel-Toe walk around the kitchen	Listen to a salsa song	Find an object that makes a <i>quiet</i> noise	Keep a balloon in the air for at least 1 minute
Use flashlights to look for objects in a dark room	Balance a plastic egg on a spoon as you walk around	Find an object that makes a LOUD noise	Toss and catch a sock ball while you count by 5s to 100	Alligator Crawl through a box
Listen to a jazz song	Alligator Crawl for 10 feet	FREE	Make a fort to Creep in and out of	Go outside and find a place to Pencil Roll
Find the longest line and use it like a Balance Beam	Stand on your tip toes for 5 seconds	Spin for 15 seconds, stand still for 15 seconds	Pencil Roll as far as you can	Listen to a swing song
Dance to your favorite song!	Cross Pattern and count 0 50 by 2s	Blow bubbles and watch them float through the air	Play Rolling Bowling with plastic cups	Make an obstacle course with pillow to Creep over



B I N G O

Dance to your favorite song!	Find an object that makes a <i>quiet</i> noise	Alligator Crawl through a box	Listen to a salsa song	Hold a funny balance pose for at least 10 seconds
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Find an object that makes a LOUD noise	Make a fort to Creep in and out of	Spin for 15 seconds, stand still for 15 seconds	Balance a plastic egg on a spoon as you walk around	Alligator Crawl for 10 feet
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