

Welcome Week BINGO

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|----------------------------------|
| <u>Squat Challenge</u> (5 points + Bonus) | <u>Jumping jacks Challenge</u> (5 points + bonus) | <u>Push-up Challenge</u> (5 points + bonus) | <u>Lunge challenge</u> (5 points + bonus) | LIVE WARM-UP (5 points) |
| <u>Chair Triathlon</u> (5 points) | Step challenge OR <u>Run in Place</u> (5 points) | <u>Freeze Dance</u> (5 points) | <u>Go Noodle Workout</u> (5 points) | LIVE: KAHOOT (5 points) |
| <u>Balance exercise</u> (5 points) | <u>Plank Challenge</u> (5 points + Bonus) | <u>Wall Sits</u> (5 points + bonus) | <u>Yoga</u> (5 points) | LIVE: Sports Bingo (5 points) |
| <u>3 minute meditation</u> (15 points) | Sunshine List (15 points) | <u>Water movement meditation</u> (15 points) | Goal Setting (15 points) | LIVE: Dance Party (5 points) |
| <u>Answer: What makes you feel strong?</u> (10 points) | <u>Answer: Who inspires you?</u> (10 points) | <u>Answer: Why is rest important for our health/fitness?</u> (10 points) | <u>Answer: Why is meditation important for your health/wellness?</u> (10 points) | LIVE: Mindfulness (15 points) |

For demonstrations of the activity, please click on the activity. Almost all activities can be done in a classroom. Please see the instruction manual for additional resources and bonus point opportunities! Feel free to modify activities for your students as you see fit

Note: for "answer the question" activities, please submit a written or video response. Written responses can be submitted via Microsoft form by clicking on the text.

Class scores are calculated by adding the points from the bingo card and the bonus points. SOO staff will calculate additional points for receiving a BINGO! Please highlight each activity that you complete and record your score below. **Upload your BINGO card [here](#) by Friday, October 11th at 5:00pm!**

Total Points: _____ (Total points from all the squares + bonus opportunities)