

Spring Physical Activity Bingo



Here are fun ways to keep moving this spring! See how many BINGO squares you can check off!

B	I	N	G	O
Have a dance party - outdoors or indoors	Go for a walk or a run 	Build an obstacle course	Go fishing	Play soccer, softball, or baseball 
Make your own mini golf course	Have a picnic	Start a garden 	Make outdoor hopscotch with sidewalk chalk	Find shapes in the clouds
Play catch	Shoot hoops 	FREE SPACE	Go to a playground 	Spring clean your room
Draw a chalk maze on your driveway	Plant a tree	Blow Bubbles 	Enjoy a bike or a scooter ride	Host an outdoor tea party
Try yoga 	Put on rain boots and splash in the puddles	Go on a spring nature hike	Jump rope	Fly a kite 



Connect with @UNLfoodfitness

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