



k-2 Gym Bingo Board

Name: _____

Grade: _____

Teacher: _____

Encouragement

<p>25 jumping jacks</p> <p>Initial _____ Date _____</p>	<p>Encouragement</p> <p>Gratitude Practice Gratitude by spending 3 minutes writing down everything you are thankful for.</p> <p>Initial _____ Date _____</p>	<p>jump as high as you can for 30 seconds, repeat</p> <p>Initial _____ Date _____</p>	<p>10 push-ups 2 times (20 total)</p> <p>Initial _____ Date _____</p>	<p>neck rolls in a circle, reverse</p> <p>Initial _____ Date _____</p>
<p>Encouragement</p> <p>Scripture Reading Read Joshua 1:9</p> <p>Initial _____ Date _____</p>	<p>hop on one foot 10 times, switch</p> <p>Initial _____ Date _____</p>	<p>10 sit-ups 2 times (20 total)</p> <p>Initial _____ Date _____</p>	<p>50 hops in place (two feet), repeat</p> <p>Initial _____ Date _____</p>	<p>25 mountain climbers</p> <p>Initial _____ Date _____</p>
<p>10 knee lunges lt/rt, repeat</p> <p>Initial _____ Date _____</p>	<p>2 minutes of dancing (think footloose)</p> <p>Initial _____ Date _____</p>	<p>go for a walk with your family</p> <p>Initial _____ Date _____</p>	<p>stretching routine (10 count)</p> <p>Initial _____ Date _____</p>	<p>jog in place for 60 seconds</p> <p>Initial _____ Date _____</p>
<p>bend down and touch your toes 20 times</p> <p>Initial _____ Date _____</p>	<p>10 leg squats 2 times (20 total)</p> <p>Initial _____ Date _____</p>	<p>skip down and back in your yard/driveway, 2 times</p> <p>Initial _____ Date _____</p>	<p>Encouragement</p> <p>Prayer Spend 3 minutes in prayer. - Thank God for his blessings - Tell him any fears you have - Ask God for encouragement, healing, and peace.</p> <p>Initial _____ Date _____</p>	<p>10 jump/squat 2 times (20 total)</p> <p>Initial _____ Date _____</p>
<p>gallop down and back in your yard/driveway, 2 times</p> <p>Initial _____ Date _____</p>	<p>fitness intervals, 10 jumping jacks, 10 sit-ups, 10 push-ups</p> <p>Initial _____ Date _____</p>	<p>10 calf raises 2 times (20 total)</p> <p>Initial _____ Date _____</p>	<p>FREE - choose your favorite activity to play</p> <p>Initial _____ Date _____</p>	<p>Encouragement</p> <p>Fellowship Call a family member or friend you haven't talked to in awhile. Even better make a video call. Spend time catching up with each other.</p> <p>Initial _____ Date _____</p>

Directions: Students are to complete 4 boxes on their gym day. Encouragement boxes are optional. Parents/Guardians are to initial and date activities as they are completed.