

Winter Physical Activity Bingo



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

B	I	N	G	O
Go for a walk or run 	Build an indoor obstacle course	Have a dance party 	Go sledding	Play balloon volleyball 
Make a scavenger hunt	Scoop snow 	Stream a fitness video	Make indoor hopscotch with painter's tape	Try indoor bowling with empty water bottles
Play follow the leader	Build a fort with pillows & blankets	Free Space	Go to a playground 	Clean your room, vacuum or dust
Draw a chalk maze on the driveway	Play sock or beachball basketball 	Blow bubbles outside – if it's cold enough, they will freeze	Enjoy a bike ride 	Have an indoor snowball fight with wads of paper
Try yoga 	Make a painter's tape balance beam	Go on a winter nature hike	Build a snowman or snow family	Fly paper airplanes 



Connect with @UNLfoodfitness

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