





# BODY BUSTER BINGO

Spirit of the  
**DRAGON**



Take a few moments each day and get your body active and your blood flowing. Just a few minutes a day will help your mood and your energy level. Try to complete 1-2 squares a day.

<p><b>10-20 Good Pushups</b></p> <p><i><b>JUMPING JACKS</b></i> <b>1MIN</b></p> <p><b>Repeat 3 times</b></p>	 <p>45 seconds Side Plank (each side) 45 seconds situps Repeat 3 times</p>	<p><b>Play FIT WAR with someone</b> Like regular WAR but whomever flips the lowest card does 1 exercise. Red card=pushups Black card=situps</p>	<p><b>How many burpees you can do in 1 minute?</b></p> <p><b>Rest 1 minute</b> <b>Repeat 3 times</b></p>	<p><b>10 Low High Front kicks on each leg.</b></p> <p><b>Repeat 4 times</b></p>
<p>Eat an extra serving of fruits or veggies.</p>	<p><i>Jumping Jacks [1min]</i></p> <p><i>High Knees [1min]</i></p> <p><i>Repeat 3 times</i></p>	<p><b>FAMILY PLANK CHALLENGE</b></p> <p><i>Warmup situps (1min)</i></p> <p>Who can hold plank the longest (2 rounds)</p>	<p><b>No Sugar for a day</b></p>	<p><i>Stretch while you are watching a show or movie [up to 20 mins]</i></p>
<p><b>Butt Kickers</b></p> <p><b>Squats</b></p> <p><b>Lunges</b></p> <p><b>Rest (1min each)</b></p> <p><b>Repeat 3 times</b></p>	<p>10-20 Pushups</p> <p>10-20 Situps</p> <p><b>Repeat 3 times</b></p>	<p>30 seconds High Knees</p> <p>30 seconds Full Speed Jumping Jacks</p> <p>30 seconds light jog</p> <p><b>Repeat 3 times</b></p>	 <p><b>1 minute arm rotations</b></p> <p><b>15 pushups</b></p> <p><b>Repeat 3 times</b></p>	<p><b>10 Partner Clap Pushups</b></p> <p><b>10 Partner Clap Situps</b></p> <p><b>Repeat 3 times</b></p>
<p><b>1 minute fast punches</b></p> <p><b>1 minute jump lunges</b></p> <p><b>Repeat 3 times</b></p>	<p>10 Star Jumps</p> <p>10 Pushups</p> <p>10 Situps</p> <p><b>Repeat 3 times</b></p>	<p><b>100 Jumping Jacks</b></p>	<p>10 Side Kicks each leg</p> <p>20 punches</p> <p><b>Repeat 4 times</b></p>	 <p><b>20 second kick hold (each leg)</b></p> <p><b>10 Squats</b></p> <p><b>Repeat 3 times</b></p>
<p>10 Side kicks on each leg</p> <p><b>Repeat 3 times</b></p>	<p><b>Play FIT WAR with someone</b> Like regular WAR but whomever flips the lowest card does 2 exercises. Red card=pushups Black card=sit-ups</p>	<p><b>10 up down planks</b></p>  <p><b>10 squats</b></p> <p><b>Repeat 3 times</b></p>	<p><b>10 Frog Jumps</b></p> <p><b>30 Arm rotations</b></p> <p><b>Repeat 3 times</b></p>	<p><b>10 LOW HIGH SIDE KICKS (EACH LEG)</b></p> <p><b>30 FAST PUNCHES</b></p> <p><b>REPEAT 3 TIMES</b></p>

# BRAIN BOOSTING BINGO



Doing something for someone or doing something to relax your brain is a great way make you feel great about yourself and make others around you feel good too.

Try to to complete 1-2 squares a day.

Practice <i>Your form 5 times</i>	15 minutes of stretching	<b>Write or draw about things that make you happy</b>	<b>Draw a picture or write a thank you note for your parents</b>	<b>Read for 15-20 minutes</b>
Try to find 5 different things in the clouds. Only works on a cloudy day	<b>Ask your parents what extra chore you can do And then do it</b>	<b>Have a family games night</b>	Practice <i>Your form 5 times</i>	<b>Tidy Your Room</b>
Practice <i>Your form 5 times</i>	<b>Say or do something to make someone else smile</b>	Practice <i>Your form 5 times</i>	15 minutes of stretching	<b>Give out 3 compliments to others</b>
15 minutes of stretching	<b>Play a game with someone in your house and encourage them while you play.</b>	<b>Offer to help someone when you see them doing a job</b>	<b>Read for 15-20 minutes</b>	<b>Ask your parents what extra chore you can do And then do it</b>
<b>Tidy Your Room</b>	Write a list of at least 5 things that you are good at or make you special	Practice <i>Your form 5 times</i>	<b>Draw a picture or write a note to someone special</b>	Practice <i>Your form 5 times</i>