

At Home Bingo! Week 5

How many bingos can you get? Can you get a blackout by the end of the week?

B	I	N	G	O
Create an obstacle course in your house using pillows, furniture, toys etc.	Count the number of computers, laptops, tablets, and cell phones at your house.	Go for a walk outside if possible or around your house for 15 minutes.	Make stick figures of your family	Walk/March to the steady beat of your favorite song
Play dodgeball with your family using balled up socks for 10 minutes.	If you have access to the internet, use the safe search, Kiddle, to look up facts about your favorite animal.	Use a keyboard and a word processing program like Word or something similar to type a friendly letter to your classroom teacher.	Draw outer space in the sand. Include earth, sun, moon and lots of stars.	Write a song about how you feel during this time at home
Do 10 jumping jacks in each room of your house	Use a cell phone or other camera to take a selfie with your favorite stuffed animal or toy,	Free Space-Do an activity of your choice.	Use a variety of rocks to make an interesting picture. Think about the size and shapes of the rocks	Performance Time! Everyone in the family perform a song as a solo and then pick a song to perform together
Toss a stuffed animal or ball to yourself during a commercial. How many catches can you make before your show comes back on?	Use a keyboard and a word processing program like Word or something similar to type the alphabet. (Grades 2-4 without looking at your hands!)	Make a musical instrument with things you already have in your home. (Ask your parents what you can use.)	Use food cans to create an interesting pattern of shapes. Think about the label colors and sizes of cans. (Get your parents approval)	Teach your family one of our echo songs Pitter, Patter No More Pie Johnny on the Woodpile My Aunt Came Back
Push-up Challenge-How many push-ups can you do in a minute?	If you have internet access, play a game on pbskids.org.	Draw a picture of your favorite exercise then do it 20 times.	Use sticks to make a variety of buildings.	Ask your family to share their favorite songs with you

Name _____

Activity Log for the Week of _____

School Site _____

Teacher _____

Be sure you are doing physical activity for at least 15 - 20 minutes each day

Document what you are doing for each subject each day.

****4th and 5th Grade students must return this form for grading purposes either at your site, or to jtoepfer@tusd.net**

	Monday	Tuesday	Wednesday	Thursday	Friday
What activity did you do?					
How long did you do the activity?					
How did you feel after the activity?					
Parent Signature					