

Bingo

#TheDailyMileAtHome

Wave to everyone you see

Drink water after you run



Count how many steps you take

Take a new route

Pick up a piece of trash

Count the number of cars you see

Do 5 jumping jacks first

Do The Daily Mile in the a.m.

Use sunscreen today



Run faster than you've ever run

Talk about something fun you did

Look for 10 things that are green



Run your route in reverse

Be very quiet to hear birds

Sing a song while walking

Say "hi" in a different language

Wear blue on your Daily Mile

Wear a hat on your Daily Mile



Do The Daily Mile in the p.m.

Look for your shadow

Eat fruit after you run



Find 5 blue objects

Do The Daily Mile twice today

Give a friend a compliment

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twice today

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INSTRUCTIONS

1. Download and print a copy of one of the BINGO cards for each child in your home. Download and print one extra card.
2. Cut out the BINGO squares from the extra card and put the cards into a bag.
3. Let your child pull a BINGO square from the bag. Have your children complete the activity for that day, then cross the activity off their BINGO cards. The center square is free.
4. When your child has crossed off all activities in a row (up and down, across, or diagonally), give them a special treat! For example, let them decide on dinner, give them 30 extra minutes of play time, etc.
5. Post your pictures on social media and use #TheDailyMileAtHome
6. Repeat the game as many times as you'd like to encourage your child to stay active!

