



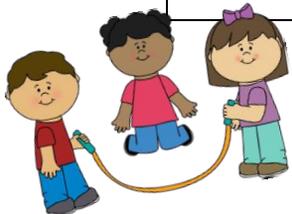
Get Active Bingo



B I N G O

Play a board game with a family member	Do push-ups, sit ups or stretch when commercials are on TV	Help with an outside house chore	Make paper airplanes	Take a 20-minute walk with a family member
Wear a pedometer for the entire day to count your steps Record steps here: _____	Workout with a family member for 30-minutes	Take a virtual field trip: STL ZOO* Houston ZOO* The Great Wall of China*	Help clean the house with your parents	Learn about germs with the Magic School Bus*
Take a walk with your pet or ask to walk a neighbor's pet	Practice your juggling skills for 20 minutes		Dance around the house to your favorite song	Facetime a family member
Participate in a 20-minute yoga video*	Build a fort	Have a video game tournament with your family	Go online to Scholastic website and complete an education activity with a family member*	Jump rope 100 times
Help cook lunch or dinner	Watch a sports themed movie with a family member	Read a book for 30 minutes	Clean out your toys and make a pile for donation	Draw or color for 30 minutes

* Link on second page



Get Active Rules

1. Participant can only complete one box of the Bingo card each day
2. Participants must have a parent or guardian initial the box when completed
3. Patterns that are playable:
 - a. 1 Straight/horizontal rows: cover five boxes in a row vertically/horizontally
 - b. 2 straight/horizontal rows: 2 rows covered vertically/horizontally
 - c. 3 straight/horizontal rows: 3 rows covered vertically/horizontally
 - d. 4 straight/horizontal rows: 4 rows covered vertically/horizontally
 - e. Jackpot: all rows/boxes are covered
4. Each time a participant completes a playable pattern the participant can bring their BINGO card to Chesterfield Parks, Recreation and Arts department located at 17891 N. Outer 40, Chesterfield, MO 63005 to receive a prize.
5. Once entire card is completed the participant will need to submit the card to receive the grand prize (participant will be contacted to set up a time to receive prize). Send to Attn: Linnsie Gebert, 690 Chesterfield Pkwy W, Chesterfield, MO 63017 or email to lgebert@chesterfield.mo.us

Digital Links:

*St. Louis Zoo <https://www.stlzoo.org/visit/thingstoseeanddo/thewild/penguinpuffincoast/web-cam-at-penguin-puffin-coast>

*Houston Zoo <https://www.houstonzoo.org/explore/webcams/>

*The Great Wall of China <https://www.thechinaguide.com/destination/great-wall-of-china>

*Magic School Bus Germ Video <https://www.youtube.com/watch?v=3DTs00NEWqY>

*20 Kids Yoga Video <https://www.youtube.com/watch?v=Luzy017rIFA>

*Scholastic education activity <https://classroommagazines.scholastic.com/support/learnathome.html>

