B I N G O

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| [Ninja Kids Balance](https://www.youtube.com/watch?v=-VNqE8tV2GE)  | [Yoga](https://www.youtube.com/watch?v=9XBnftTBmAk) | [Plank Tic Tac Toe](https://youtu.be/DAmMNUztXwc) | [Flip It](https://bit.ly/flipitchallenge)  | [Agility](https://www.youtube.com/watch?time_continue=18&v=uNhPDlJOQBw&feature=emb_title)Do a combination of these activities for 15-20 minutes |
| [Dice Is Right](https://bit.ly/2xtPCLA)  | **Go for a walk, run, bike or scooter ride outside with your family!** | [Jump/Hop/Leap](https://www.youtube.com/watch?time_continue=55&v=-qhjs1Ymhtg&feature=emb_title)Practice all three movements for 10 minutes | [Sock and Sit](https://www.youtube.com/watch?time_continue=45&v=rNynHptldos&feature=emb_logo)  | [Juggling](https://www.youtube.com/watch?v=fk4-wLZMPno) |
| [Agility](https://www.youtube.com/watch?time_continue=18&v=uNhPDlJOQBw&feature=emb_title)Do a combination of these activities for 15-20 minutes | [Ninja Kids Balance](https://www.youtube.com/watch?v=-VNqE8tV2GE)  | **FREE** | [Dice Is Right](https://bit.ly/2xtPCLA)  | [Jump/Hop/Leap](https://www.youtube.com/watch?time_continue=55&v=-qhjs1Ymhtg&feature=emb_title)Practice all three movements for 10 minutes |
| [Up Up Up](https://www.youtube.com/watch?v=h97QblgvNYc&feature=youtu.be)  | [Juggling](https://www.youtube.com/watch?v=fk4-wLZMPno) | [Flip and Catch](https://www.youtube.com/watch?time_continue=79&v=yR6LGQ5rL_Q&feature=emb_logo)  | [Yoga](https://www.youtube.com/watch?v=9XBnftTBmAk) | **Go for a walk, run, bike or scooter ride outside with your family!** |
| [Flip and Catch](https://www.youtube.com/watch?time_continue=79&v=yR6LGQ5rL_Q&feature=emb_logo)  | [Dice Is Right](https://bit.ly/2xtPCLA)  | **Go for a walk, run, bike or scooter ride outside with your family!** | [Ninja Kids Balance](https://www.youtube.com/watch?v=-VNqE8tV2GE)  | [Plank Tic Tac Toe](https://youtu.be/DAmMNUztXwc) |

**Your goal this week is to get a BINGO by doing some of the activities above. You cross out one box every time you do one activity. Good luck, stay safe, and have FUN!**