

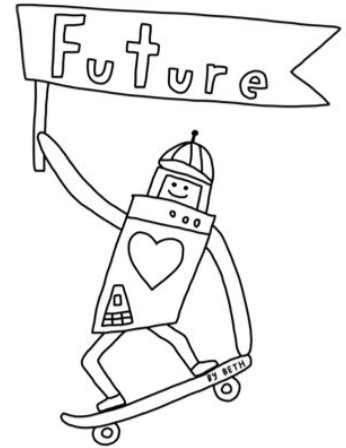
B I N G O

Ninja Fitness https://www.youtube.com/watch?v=UfT0w7wsAvc&t=183s	Yoga https://www.youtube.com/watch?v=9XBnftTBmAk	Plank TicTacToe https://youtu.be/DAmMNUztXwc	Flip It https://bit.ly/flipitchallenge	Underhand and Overhand Throwing Practice with both arms for 15 mins
Dice is Right https://bit.ly/2xtPCLA	Go for a walk, run, bike or scooter ride outside with your family!	Yoga https://www.youtube.com/watch?v=9XBnftTBmAk	Sock and sit https://www.youtube.com/watch?time_continue=45&v=rNynHptldos&feature=emb_logo	Ninja Fitness with a partner https://www.youtube.com/watch?v=o714PsQmlzQ
Agility Practice for 15 minutes https://www.youtube.com/watch?time_continue=18&v=uNhPDIJOQBw&feature=emb_title	Ninja Fitness https://www.youtube.com/watch?v=AbphhFLXRY&t=3s	FREE	Dice is Right https://bit.ly/2xtPCLA	Yoga https://www.youtube.com/watch?v=9XBnftTBmAk
Up Up Up https://www.youtube.com/watch?v=h97QblgvNYc&feature=youtu.be	Underhand and Overhand Throwing Practice with both arms for 15 minutes	Flip and Catch https://www.youtube.com/watch?time_continue=79&v=yR6LGQ5rLQ&feature=emb_logo	Agility Practice for 15 minutes https://www.youtube.com/watch?time_continue=18&v=uNhPDIJOQBw&feature=emb_title	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=yR6LGQ5rLQ&feature=emb_logo	Dice is Right https://bit.ly/2xtPCLA	Go for a walk, run, bike or scooter ride outside with your family!	Underhand and Overhand Throwing Practice with both arms for 15 minutes	Plank TicTacToe 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!

Complete the sheet below to reflect on your movements this week. Share with your family, teacher, or classmates!

MOVEMENT CHALLENGES



Do a movement activity that...

- | | |
|---|---|
| <input type="checkbox"/> makes your heart beat fast | <input type="checkbox"/> is joyful to you |
| <input type="checkbox"/> makes your heart beat slow | <input type="checkbox"/> you are moving very fast while doing |
| <input type="checkbox"/> makes you feel excited | <input type="checkbox"/> that you are high up when doing |
| <input type="checkbox"/> makes you feel calm | <input type="checkbox"/> that involves a ball |
| <input type="checkbox"/> is new or hard for you | <input type="checkbox"/> you have never done |

Questions for reflection:

I feel _____ when I _____.

- How does slowing your heart rate and breath make you feel?
- How do you feel after your heart rate gets going really fast?
- How did you hand doing something that was hard or frustrating?
- What activities make you feel excited? Why?
- What activities make you feel calm? Why?
- How do you feel trying something that you never have done before?
- What are some things you can say to yourself that keeps you focused versus getting frustrated or angry?
- What movement activities help you shift out of the red zone? Out of the blue zone?

