



MOVEMENT BINGO

Step Over Obstacle Course	Tape Line Fun	Balloon Catch	Go for a run!	Koo Koo Kangaroo Dino Stomp
Pop See Ko Dance Video	Head Shoulders Knees and Toes	Stretch session	Balloon Catch with a cup or cone.	Bear Walk
Walk the stairs	Karate Kicks	FREE SPACE	Heavy Work	Lava Games
Stack objects high!	Shake your Sillies out!	Sidewalk chalk FTL	Jumping Jacks	Ball Play
Bowling	Ride a Bike	Obstacle Course	Take a walk	CLEAN UP!



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MOVEMENT BINGO INSTRUCTIONS



1. Step over obstacle course. Find objects in the house to step over and put them together for a fun obstacle course. Objects that work well: broom sticks, umbrellas (collapsed of course), string, ribbon, a line of cars, a line of blocks, sticks, etc. See picture below for use of ribbon.

2. Place 6 tape lines on the floor. Activities you can do with them: Jump to each line, Jump backwards, Jump on 1 foot, See how far you can stretch (legs out), See how far you can reach, run a zig zag through the lines, see how far you can throw a ball, etc
Here is a link to the initial few ideas and further pictures;
<https://handsonaswegrow.com/5-different-activities-for-6-lines-of-tape/>



3. If you have a balloon in the house, blow it up. Play a simple game of catch with the balloon. Catching a balloon take body awareness and special awareness as balloons fall slower than a typical ball. If you do not have a balloon try a small foam ball, a leaf, or a feather.
4. This can be done inside or outside. A simple game of chase can be a lot of fun.
5. Koo Koo Kangaroo Dino Stomp is a silly dance video. Parents model the activity for the kids and assist with their involvement. The bigger you do the moves the more they will want to jump in and try it.
https://www.youtube.com/watch?v=lmhi98dHa5w&list=PLuYg3OQjw6r-i6m5qDhK7cKn_4fNSQ5Vu&index=3
6. Another great dance video is called Pop See Ko. A lot of these movements will be too difficult for little ones to complete on their own. But the music is fun and they should be up moving. Parents model those good dance moves and they will want to join in. Help when you can.

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7. Head Shoulders Knees and Toes: We all know the song. Have the kids do this in standing so that they work on squatting down to touch their toes. Here is a link to a fun song that teaches even more. <https://www.youtube.com/watch?v=TSdelhmv6v0>
8. Stretch session. Parents help your kids perform a few simple stretches. Stretches make sure that our body can perform and feel its best. I have included a couple pictures of simple stretches.



9. Similar to the light object catch before. You will try to catch the balloon, feather, or leaf inside a cup or cone. See photo.



10. Bear Walk: Many people know what the bear walk is. You can model this for your child and attempt a few laps around the living room. I have included a fun video for more incentive and several different moves. <https://www.youtube.com/watch?v=KG3AO6IJ4BQ>
11. Walk the stairs. If your home has stairs place 5 objects to retrieve at the top. (5 cars, teddy bears, socks for the laundry, balls to knock down, etc.) Help the kids walk up the stairs 5 times. This can be broken up into several attempts throughout the day if 5 is too much to do in a row.



12. Karate Kicks: Find objects you can stack and have the kids kick them over. Have the kids alternate legs to give each foot a try. Start by kicking the lowest block and then go for higher ones. Have the kids help stack the blocks in between kicks.

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13. Heavy work can look like so many different things depending on the child. A good place to start is in the kitchen. Have the kids help carry larger toys to their toy bin. Set up a store in your home. Have the kids set out can goods, purchase them, and put them away. This activity can be as big or small as you want it. Kids really enjoy pretend play and this could be a fun activity for the whole family. Another place to look for heavy work is outside (moving play equipment, wood, little bags of small rocks, etc.)

14. Lava Games: Set up a course through the living room in which you will not touch the floor. Pillows, couch cushions, and folded blankets work well. You can also tape down paper as platforms.



15. Stacking objects high! Place objects on the floor and start stacking. You can use a steps tool as the base or even a couch cushion or ottoman if you want to make it huge. You can stack pillows, blocks, cars, monster trucks, etc. Get creative and then knock it down! Here is link to other household items that can be toys: <https://www.firstthingsfirst.org/first-things/use-household-objects-as-toys-for-young-kids/>

16. Shake your sillies out. This is a super fun video to move and dance to. https://www.youtube.com/watch?v=NwT5oX_mqS0

17. This activity can be done with sidewalk chalk outside or tape in the inside floor. Draw line patterns to play follow the leader. Add some straight lines for balance and some snack like lines for body awareness. You can also have breaks in the lines for kids to jump to the next line. Have a start and finish marked off.



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18. Jumping Jacks: For younger kids have them stand with their feet apart and just move your arms in and out while keeping balance with a wide stance. If kids are able to jump you can introduce the legs.

19. With a light weight medium sized ball work on those catching and throwing skills. Try to keep the kids attention by counting or singing until the ball is dropped. When the ball is dropped the music stops.



20. Bowling: Find things in the house you can line up and knock over. You can decorate toilet paper rings to make a full set.

21. Ride a Bike! If you have anything the child can ride on or even use their legs to pull along. You can also make a start and finish line to encourage speed and involvement. (Bike, scooter, push car, ride on toddler toy)

22. Obstacle Course: This can be as big or as small as you want to make it. Crawl under a blanket fort, over the cushions, balance beam on rolled up towel, through a tunnel, around the table, etc Possibilities are endless.



23. Take a family walk outside. Talk about what the see and stop to pick up sticks, rocks, or leaves along the way. Take the youngest ones lead and make it fun for the whole family. This can also be done at a park or on a trail.

24. CLEAN UP Make a big mess and have fun cleaning it up in a hurry. This video is 5 minutes long and the goal is to finish with the song. Clean up involves a lot of squats for kids and requires good balance. It is a good activity to do daily.

<https://www.youtube.com/watch?v=bXFjuymX4HI>

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