



BINGO CARD 6

FOR FAMILIES

	OBSTACLE COURSE Make an obstacle course in the park / your garden and see how many family members you can get to complete it.	FLOWER TREASURE HUNT Find flowers of every colour of the rainbow on your next walk.		DO SOMETHING KIND On your next walk/run
POSTBOX Walk to a postbox at least 10 minutes from your house and post a letter to somebody who you love.	PARK Go to the park and play on every piece of equipment!	.	DO A 5 MINUTE WORKOUT IN THE NATURAL HISTORY MUSEUM Joe Wicks video here	
RAINBOW WALK Go for a walk wearing as many different colours as you can.		DO 25 LAPS OF SOMETHING FABULOUS Don't get dizzy!	FOODBANK WALK Walk to a foodbank and make a donation.	
	WALK HOME Walk home from an activity that you'd usually take the car/public transport.		CULTURE WALK Run/walk to some local culture.	TREAT WALK Walk at least 1 mile to a supermarket, get a treat and walk home again.
NEW ROUTE Walk a completely new route.		MIX IT UP Go for a bike ride / swim		DO AN 8 MINUTE KIDS WORKOUT WITH SPIDERMAN Joe Wicks video here .