

# Bike Bingo!

NAME: \_\_\_\_\_

<p><b>01</b> <b>MOVEMENT SPINNER WHEEL</b></p> <p>Design your own movement spinner wheel. Use it to move every day with a friend or family member!</p>	<p><b>02</b> <b>THANK YOU LETTERS</b></p> <p>Write two <u>thank you letters</u>.</p>	<p><b>03</b> <b>OBSTACLE COURSE</b></p> <p>Design your own obstacle course on or off your bike, or BOTH!</p>	<p><b>04</b> <b>DRAW</b></p> <p>Sit outside. <u>Draw a picture of yourself riding a bicycle.</u></p>	<p><b>05</b> <b>HYDRATE</b></p> <p>Drink 5 glasses of water every day. Daily Hydration Log M..... T..... W..... TH..... F..... S..... S.....</p>
<p><b>06</b> <b>GOAL SETTING</b></p> <p>Set 2 goals using our <u>goal-setting template</u> and complete at least 1 of your goals for Bingo.</p>	<p><b>07</b> <b>DESIGN YOUR OWN DANCE</b></p> <p>Design 7 dance moves with 4-counts per move. Dance to your favorite song. Teach your dance to another person.</p>	<p><b>08</b> <b>BICYCLE STEM PROJECT</b></p> 	<p><b>09</b> <b>HAIKU</b></p> <p>Write a Haiku every day for a week. Daily Haiku Log M..... T..... W..... TH..... F..... S..... S.....</p>	<p><b>10</b> <b>SCAVENGER HUNT</b></p> <p>Indoors, outdoors, on or off your bike! Watch this <u>HOW TO VIDEO</u> by Little Bellas Pro Ambassador <i>Hannah Finchamp</i></p>
<p><b>11</b> <b>YOGA</b></p> <p>Design your own 7 minute Yoga Flow with 7 different moves! Do yoga every day. Teach a family member! Daily Yoga Log M..... T..... W..... TH..... F..... S..... S.....</p>	<p><b>12</b> <b>CREATE YOUR OWN SNACK RECIPE</b></p> <p>Include at least 1 of your favorite fruits and/or vegetables. Create bike art with your snack. Eat and enjoy!</p>	<p><b>13</b> <b>LEARN HOW TO JUGGLE</b></p> <p><i>BONUS:</i> learn how to <u>make your own juggling balls</u></p>	<p><b>14</b> <b>PLAY 60 A DAY</b></p> <p>Move and Play for 60 minutes every day. Play 60 a Day Log M..... T..... W..... TH..... F..... S..... S.....</p>	<p><b>15</b> <b>BIKE ART</b></p> <p>Find 3 rocks or use paper to paint or draw 3 designs using a bicycle theme. Place your bike art in your house, in your yard or on your local trails (if open).</p>
<p><b>16</b> <b>MAKE YOUR OWN INSPIRATION BOARD</b></p> <p>Watch this <u>HOW TO VIDEO</u> by Little Bellas Pro Ambassador <i>Savilia Blunk</i></p>	<p><b>17</b> <b>FAMILY PLAY TIME</b></p> <p>Play a family game of Follow the Leader or a game of your choice. Play indoors, outdoors, and on or off bike.</p>	<p><b>18</b> <b>TRAIL MAP</b></p> <p>Draw your own trail map for your house or yard. Name the obstacles. Bike, walk and/or run to test out your trails.</p>	<p><b>19</b> <b>FAMILY DANCE PARTY</b></p> <p>Costumes required! Choose your own theme!</p>	<p><b>20</b> <b>PRO PEN PAL</b></p> <p>Choose a Little Bellas Pro Ambassador to learn about. <u>Write and mail a letter to them!</u></p>
<p><b>21</b> <b>DECORATE YOUR BIKE</b></p> 	<p><b>22</b> <b>ACTIVE TIC TAC TOE</b></p> <p>Design your own 9 x 9 Tic Tac Toe game board.</p>	<p><b>23</b> <b>DAILY GRATITUDE</b></p> <p>Watch this <u>HOW TO VIDEO</u> by Little Bellas Pro Ambassador <i>Kate Courtney</i></p>	<p><b>24</b> <b>FAMILY PLAY TIME</b></p> <p>Go on a family walk, bike ride or play a family game to get everyone moving together everyday.</p>	<p><b>25</b> <b>SCIENCE EXPERIMENTS</b></p> <p><u>Option 1:</u> Make homemade ice cream <u>Option 2:</u> Secret message with lemon juice</p>



**little bellas**  
mentoring on mountain bikes

**LITTLEBELLAS.COM/BINGO**