


# Social Distancing Kids Activity Bingo

## 1) 5th - 8th Graders Card

May 8-24, 2020



Child's Name: \_\_\_\_\_

Do Jumping Jacks for 30 seconds, rest for 15 seconds, do twice 3 different days	Clean up your room and make your bed for 5 days	Do a children's Yoga Video online 3 different days	<a href="#">Do *Lunges for</a> 20 seconds, rest for 15 seconds, do twice 3 different days	Jump rope for 1 minute, rest 15 seconds, do twice 3 different days
Kick a ball around in the yard with adult for 30 minutes 3 different days	Do push-ups for 30 seconds, rest for 15 seconds, do twice 3 different days	<a href="#">Do *Mountain Climber</a> for 30 seconds, rest for 15 seconds, do twice 3 different days	Play 2 different games with your parents or siblings	<a href="#">Do 5 *burpees</a> rest for 20 seconds do twice 3 different days
Dance for 3 minutes, to your favorite song rest 30 seconds, do twice 3 different days	<a href="#">Do 5 *mule kicks</a> rest for 15 seconds do twice 3 different days		Do as many Sit-ups as you can in 1 minute 3 different days	<a href="#">Do 3 *cartwheels</a> 3 different days
<a href="#">Do the *Turk Stand</a> Twice 3 different days	<a href="#">Do the *wall sit</a> for 30 seconds, rest 30 seconds, do twice 3 different days	<a href="#">Do the *plank for</a> 30 seconds, rest 30 seconds, do twice 3 different days	<a href="#">Do *Frog Jump for</a> 30 seconds, rest for 15 seconds, do twice 3 different days	Help your parents or siblings with yard or gardening work 2 different days
<b>MacNider Museum</b> do the weekly art challenge each week <a href="#">website</a>	<a href="#">Do *Squats for</a> 20 seconds, rest for 15 seconds, do twice 3 different days	Go for a 30 minute walk with an adult 3 different days	<a href="#">Do *Flutter Kicks</a> for 15 seconds, rest 15 seconds, do twice 3 different days	Run for 2 minutes, rest for 30 seconds do twice 3 different days

Parent/Adult Signature: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

The above signatures of Parent/Adult & Participant verify that the participant completed all the activities in the squares initialed or picture posted to qualify for a bingo or a black out!

To qualify for a **BINGO** do the activities on the bingo squares above to form a row of 5 squares horizontal, vertical or diagonal = Prize McDonald's Cone or Apple Wedges

To qualify for a **BLACK OUT** do all the activities on the bingo card = McFlurry

Turn in your Completed **BINGO** or **BLACK OUT** and be eligible to win the Grand Prize!!!

McDonald's coupons will be mailed to the Participant .. Coupons redeemed at Mason City McDonald's only!

**Completed cards can be emailed to recreation@masoncity.net by Sunday, May 24th**  
**or mailed to: MC Recreation Dept, 100 S Federal Ave Suite 201, Mason City IA 50401**  
**(postmarked no later then Friday, May 22)**

Any questions call 641-421-3673, Mon-Fri, 8:00 am to 4:00 pm

[MCP&RD Website](#)

Participant's Address: \_\_\_\_\_

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