

Social Distancing Kids Activity Bingo
 1) Pre-Kindergarten, Kindergarten & 1st Graders Card
 May 8-24, 2020



Child's Name: _____

10 Jumping Jacks 3 different days	Clean up your room and help make your bed for 5 days	Do a children's Yoga Video online 3 different days	Kick a ball around in the yard with adult for 20 minutes 3 different days	Run in place for 25 seconds, rest 15 seconds, do twice 3 different days
Pedal your arms in front of you for 10 seconds rest 15 seconds do twice 3 different days	Do as many push-ups as you can in 30 seconds 3 different days	Do the *Twist (song) for 60 seconds, rest 15 seconds, do twice 3 different days	Play 2 different games with your parents or siblings before May 22nd	*Army crawl 30 seconds 3 different days
Dance for 3 minutes to your favorite song 3 different days	Do 4 *log roll 3 different days		Do as many Sit-ups as you can in 30 seconds 3 different days	Jump up and down 10 times, rest 15 seconds, do twice 3 different days
Do the *Bear Walk for 30 seconds, rest 15 seconds, do twice 3 different days	Play catch in the yard with and adult for 20 minutes 3 different days	Hop on one leg for 30 seconds then hop on other leg 3 different days	Act like a bird for 30 seconds, rest 15 seconds, do twice 3 different days	Help your parents or siblings with yard or gardening work 2 different days
MacNider Museum do the weekly art challenge each week website	Touch your toes 10 times, rest 15 seconds, do twice 3 different days	Go for a 30 minute walk with an adult 3 different days	Do the *Lame Puppy Walk for 30 seconds, rest 15 seconds, do twice 3 different days	Balance on one leg for 30 seconds then other leg for 30 seconds 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: _____

