

Winter Break BINGO

A fun game to get you moving this holiday season

Use Winter Break Bingo to compete against family or friends or against yourself. Try to complete a row a day, either horizontally, vertically, or diagonally. And, for an extra challenge see if you can complete the entire board. Or all three! When you complete a movement or activity just colour in the circle.

When you're done, ask your parents to post a pic of your completed cards on Instagram and tag @activeforlifeca.



✂ cut out



✂ cut out



✂ cut out