



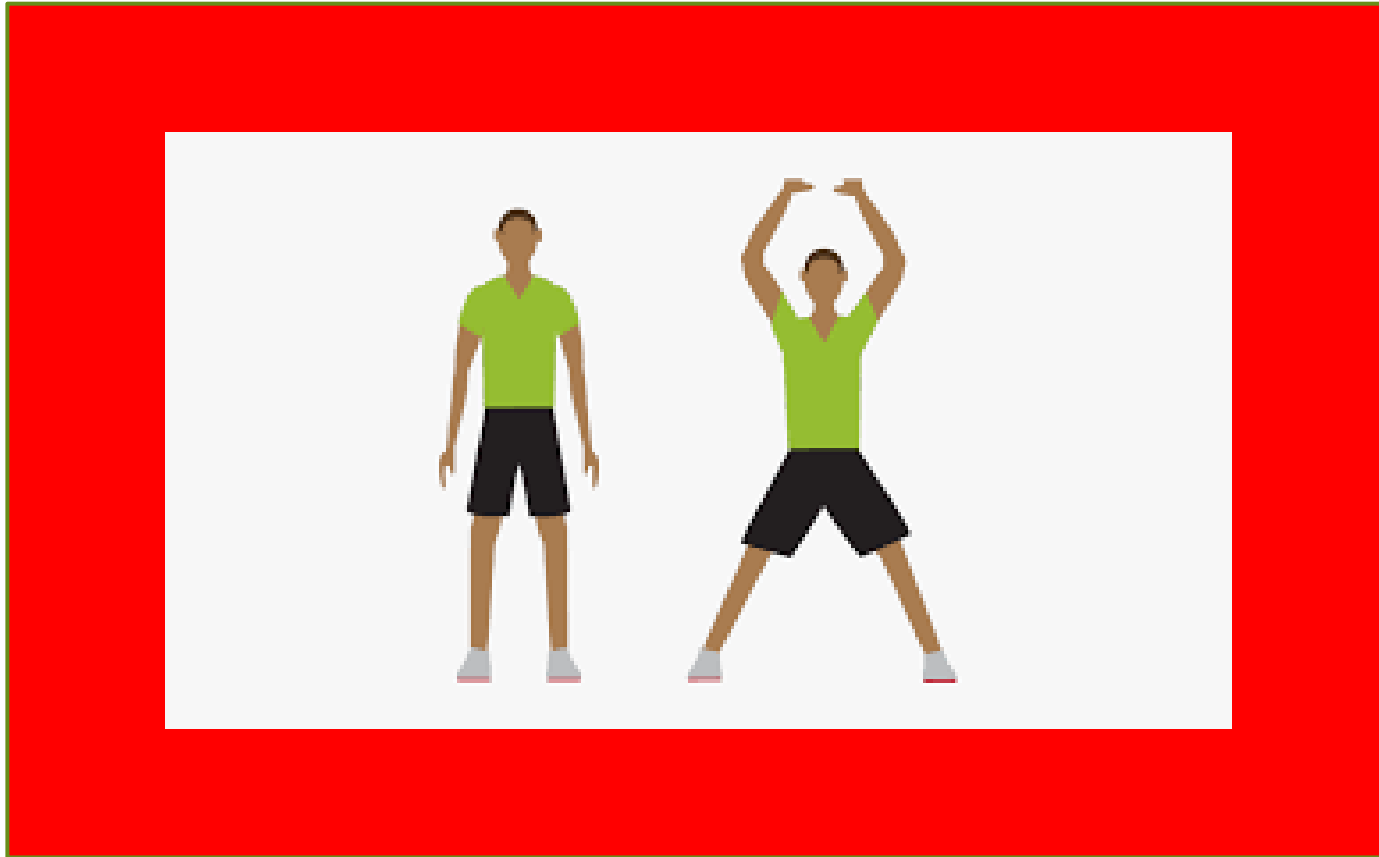
Gross motor Bingo

OT Group

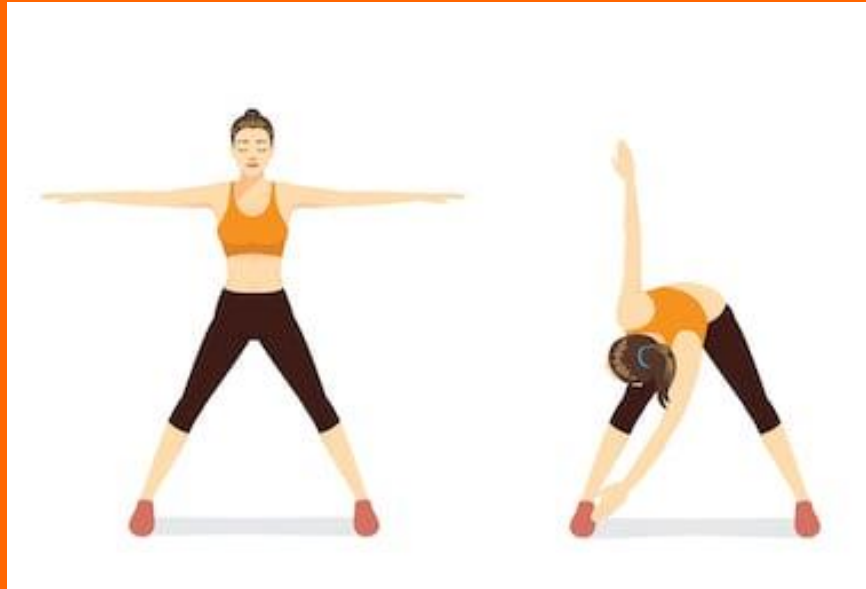
How To Play

1. Do the movement shown
2. Pick a spot on your bingo board that matches
3. Mark it off with an X
4. Say BINGO if you get 5 in a row

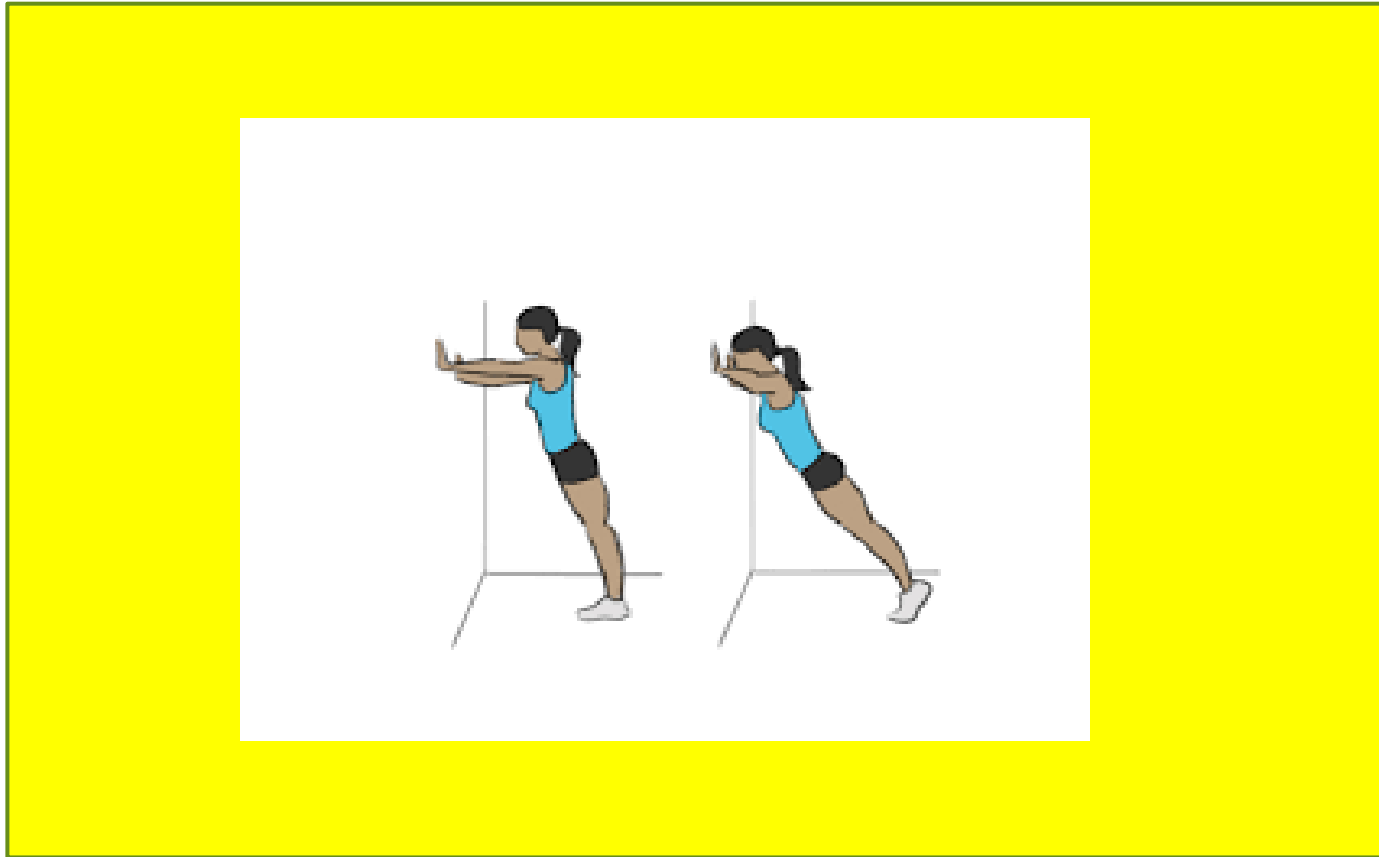
30 JUMPING JACKS



20 TOE TOUCHES



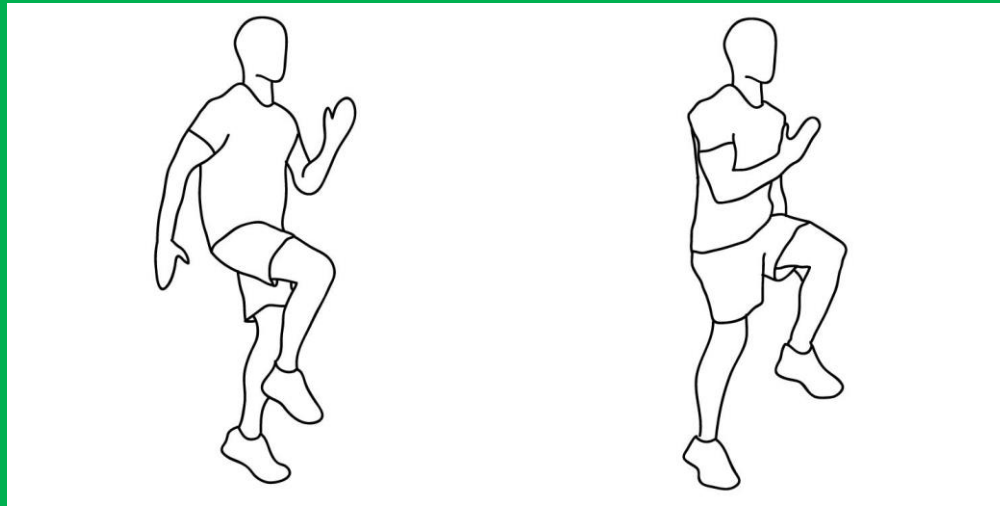
15 WALL PUSH-UPS



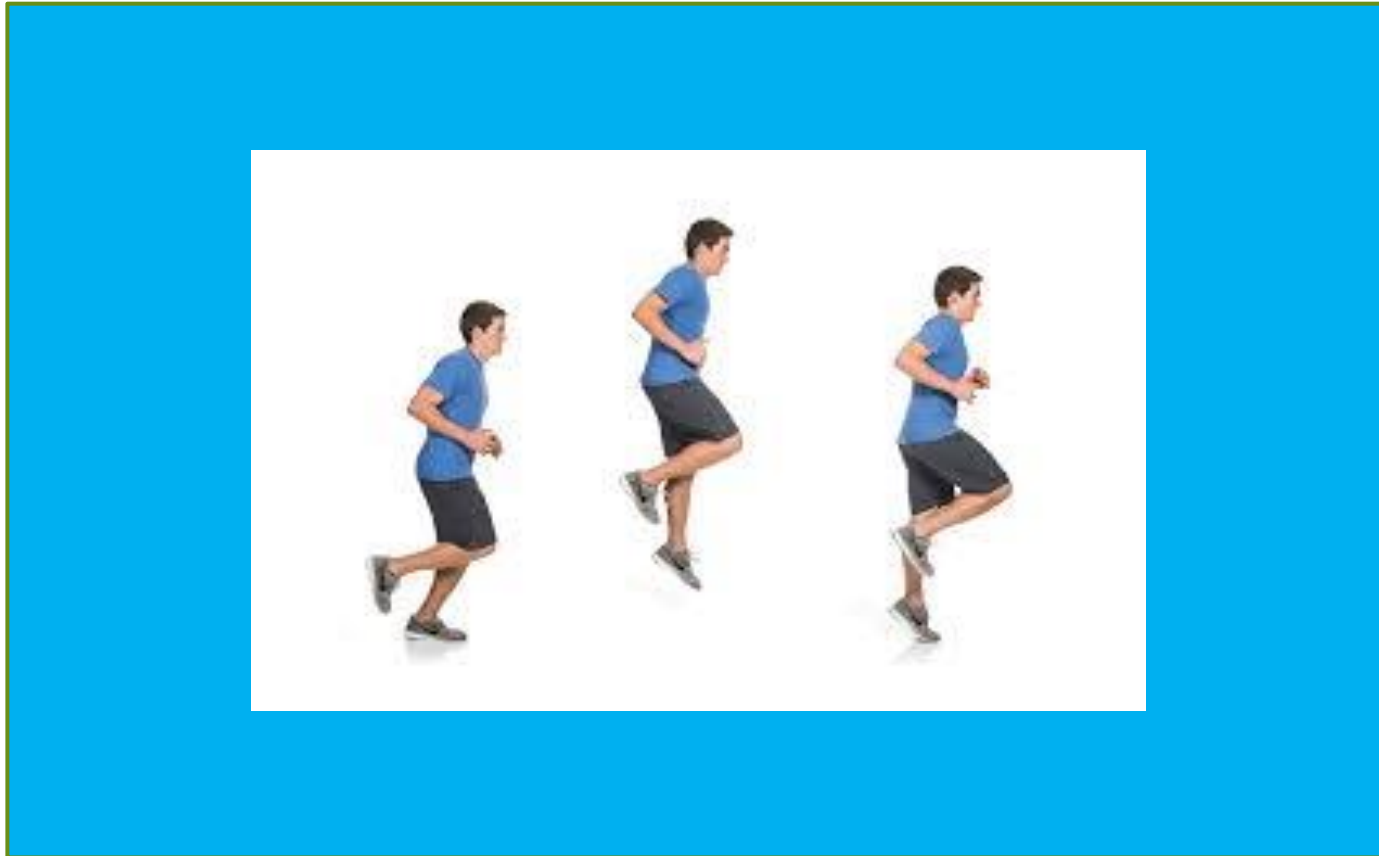
CRAB WALK



RUN IN PLACE FOR 30 SECONDS



HOP ON YOUR LEFT FOOT 10 TIMES



HOP ON YOUR RIGHT FOOT 10 TIMES



15 ARM CIRCLES

