

12th ANNUAL



GET ACTIVE 4 AUTISM Virtually!

BINGO CARD CHALLENGE!

Can't think of an activity to do? Here are some suggestions for you!
Or challenge yourself and others to do one a day to complete a row or even a full blackout Bingo!

Have fun and please remember to follow current provincial guidelines.

Get Active 4 Autism - Virtually!

B	I	N	G	O
Family game of freeze tag	Go for a hike or walk a new path	Ride a bike	Try a new healthy recipe	Play red light / green light
Play catch	Strength training	Family game of soccer	Go jogging (even for a minute!)	Kick boxing
Workout	Play hide & seek	FREE REST DAY	Yoga	Treasure/scavenger hunt
Dance (like no one is watching!)	Have a Craft Day	Family game of tag	Badminton, tennis or volleyball	Skip/jump rope
Frisbee	Hopscotch	Pilates	Gardening/yardwork	Play flag football

** For any that you don't have the equipment/skill, choose a different activity to do, but mark the square as complete! **