



Move Your Way® Bingo Cards

Ways to Play

Check out the activities below for ways to use the Move Your Way® bingo cards. These activities can help students:

- Get a movement break during the school day
- Discover new, unfamiliar activities
- Learn that many things count as physical activity

Tips for Success

- Every class is unique — you can adapt all activities to work for your students, curriculum, and space.
- There are 2 options for Move Your Way bingo cards — the traditional 5x5 grid and a simplified 4x4 version for quicker play (or younger students with more limited attention spans). Choose whichever version works best for you.
- Before you get started, consider going over the bingo cards with students and explaining unfamiliar activities, if needed.
- If you have students who might need extra help during these activities, try pairing them up with a helper.

Get Moving in Class with Charades

For this activity, students work in small groups to bring activities from a bingo card to life through acting. Each student chooses an activity to act out without speaking, while the rest of the group guesses the activity.

This game will take about **20 minutes** to play.



Instructions

- Divide students into groups of 3-4.
- Ask students to take turns choosing an activity from the card and acting it out for their group. The rest of the group tries to guess the activity.
- Once the group correctly identifies the activity, they can mark it off on their bingo card.
- The game ends when the first group completes a full row on their bingo card and calls out "Bingo!"



Different ways to play

- **No space to break up into groups?** Have 1 student at a time act out an activity in front of the whole class.
- **Give everyone a turn.** If you have younger students, consider waiting to end the game until each student has had a turn acting out an activity.
- **Add more movement!** Have all students act out the activity together once they've guessed it correctly to add some movement for everyone.
- **Have lots of space?** Consider adding props, like a roll of paper towels or a ball of yarn. Let your students get creative with how to incorporate different items into their acting.

Help Students Get to Know Each Other with Bingo

For this activity, students find classmates that have done activities listed on a bingo card. It's a great option as a get-to-know-your-classmates game at the beginning of the school year — or as a cool-down activity after more vigorous physical activity.

This game will take about **20 minutes** to play.



Instructions

- Ask students to walk around the space, find a classmate who's done one of the activities on their bingo card, and write the classmate's name in the corresponding square. Each classmate's name can only appear once per card.
- Once a student completes a full row, they get to call out "Bingo!"
- After the game, talk about what students learned from their classmates. Were they surprised by any activities on the list? What activities are they excited to try themselves? Remind students that lots of things count as physical activity.



Different ways to play

- **Short on time?** Have students aim for just 3 or 4 activities in a row or try to get all 4 corners of the card.
- **Want to break up chatty groups?** Consider setting a timer for 2 minutes. When the timer goes off, students move on to another classmate.
- **Try activities hands-on.** (This variation requires a larger space, extra time, and some equipment.) Pick a few activities from the bingo cards and set up stations where students can try them out and get moving — for example, a soccer station with a ball and net. Once students have tried an activity, they get to mark it off on their bingo cards.

Encourage Students to Get Active at Home

This activity doesn't happen in the classroom — instead, students take home a bingo card and choose activities to try outside of school. This is a great way to engage parents and caregivers and help families get active together.



Instructions

- Give each student a bingo card to take home and ask them to pick an activity to try after school.
- Once they've completed an activity, students mark it off on their bingo card and choose a new one until they've marked off a set number of activities.
- If you have younger students, consider sending home information on how to play for parents or caregivers. For example, create a short handout or include instructions as part of students' regular take-home materials. You can also add a copy of the [Move Your Way Fact Sheet for Parents](#) to highlight the benefits of physical activity, or include a link to the [Move Your Way videos](#) for ideas on getting active with kids.



Different ways to play

- **Get creative!** Ask younger students to draw a picture of themselves and their family members or caregivers doing the activity.
- **Make it accessible.** Visually highlight accessible activities on the bingo card. For example, mark activities that don't require equipment, can be done in students' neighborhoods, or are easy to adapt for students with limited mobility.
- **Talk about it!** Encourage students to talk about their activities and share their experiences with the class.
- **Help make getting active a habit.** Consider adding this activity to your weekly or monthly homework schedule. That way, students and families can keep getting active together — and maybe find activities they want to stick with.