

# Music

# Art

# GYM

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Run in place for 30 seconds	Find the colors of the rainbow in your house (red, orange, yellow, green, blue, purple)	Move like a slow animal, then like a fast animal	Dance party for 1 minute	Sing a song to your stuffed animals
Find 4 different textures in or outside of your house	Stand up and touch your toes	Make a roller coaster in the air and sing it	Look out your window and draw something you see	Jumping jacks for 30 seconds
Create your own dance to a song	Find 2 different patterns and draw them	Free Space	1 minute of yoga	Find 5 things that are cool colors (blue, green, purple)
Make a drum out of something at home	Stretch your hands high over your head	Find 5 things that are warm colors (red, orange, yellow, pink)	Ask your family what their favorite song is	10 frog jumps
Find 3 primary colors (red, yellow, blue)	Listen to a new song (one you've never heard before)	High knees for 30 seconds	Find 3 things in your house that are circles or squares	Sing softly, and then sing loudly

See how many activities you can complete. Try to get as many BINGO's as possible.