
Calm Down Bingo

This version of bingo is a great way to practice attending to two step directions and “get the wiggles out.” You the caregiver or client can use the game to introduce different, short movement breaks in a fun setting with the idea that the client can use the movement ideas when they are needed at home or school.

Write the letters on separate pieces of paper. Place them in a hat and have the child draw two letters. Using the worksheet on page 80, call out the letters and have the child perform the correlating task (e.g., A, D = 5 push-ups)

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	C	A	L	M
D	20 big forward arm circles	5 push-ups	Hop on right foot 15 times	10 jumping jacks
O	Touch your head, shoulders, knees, and toes 5 times	5 deep breaths, like you were blowing up a balloon	Hands on waist, and twist for 20 seconds	Pretend to blow out 5 birthday candles
W	Move your right hand up and down and your left hand side to side at the same time 5 times	Hands over your head, and touch your toes 10 times	March in place for 20 seconds	20 big backward arm circles
N	10 deep breaths	10 wall push-ups	20 small arm circles	High knees in place 20 times