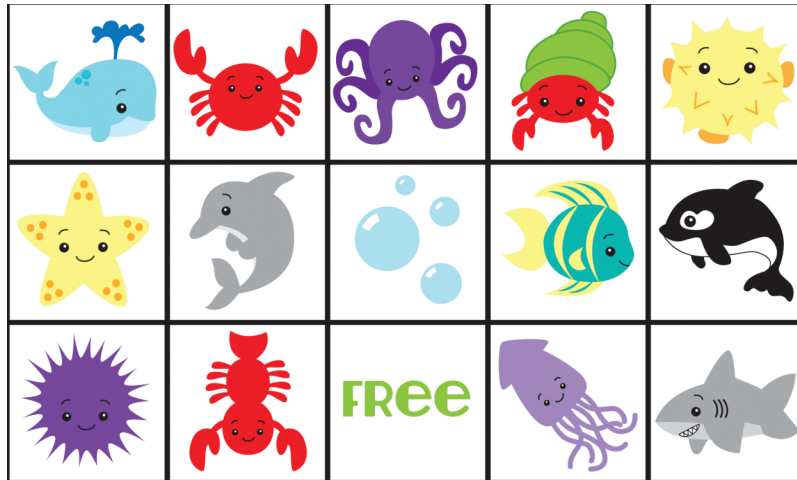


## Under the Sea Gross Motor Bingo



### What you'll need:

- Game cards
  - Retrieved from:  
<https://www.artsyfartsymama.com/2013/06/free-printable-under-sea-bingo.html>
- Small item to use as game pieces (ie. beads, stickers, small pieces of paper, etc.)

### Directions:

1. Give your child a game card and game pieces (or you can use a digital version - just make sure they have a physical sheet of paper with them with a 5x5 block grid so they can mark the items that were called).
2. Call out each game space (ie. Red Lobster) and have your child place a game piece on that space.
3. Each space that is called that is an animal or sea animal, the child will perform the correlated yoga pose.
4. After the child receives 5 game spaces in a row (vertically, horizontally, diagonally), they call out BINGO!
5. Can repeat as many times as desired.

### Ways to increase difficulty:

- Write letters A-E across the board above the boxes at the top of board. Write numbers 1-5 vertically downward on the left side of game board. Call out a letter and number and have child use 'grid' format to figure out which game space was called.

- Have child roll a dice for the vertical spaces (numbers 1-5 - #6 can be free choice space) and have them navigate which number they rolled and transfer what space that is on the game board.

**Ways to decrease difficulty:**

- Make a second copy of the game board and cut out each game space to use as a visual for the child as you call out each item.
- Cut the board in half or cover over half of the game board with a piece of paper if the spaces are visually distracting or your child is having difficulty finding the correct items.

**Yoga Poses connected to Bingo cards:**

**Lobster:** Start with legs shoulder width apart. Take one more step out to the side so legs are further apart. Squat down with toes and knees facing away from you. Move arms and hands like a lobster claw! Hold for 10 seconds.



**Octopus:** Sit on the floor and criss cross your legs. Breathe in for 10 seconds and swing your arms on your sides like an octopus!



**Dolphin:** Start with hands and knees on ground in a table-top position. Push up onto hands and feet and stay in 'v' position. Optional - can move hands forward and rest forearms on ground while holding position for 10 seconds.



**Shark:** Start by laying on stomach. Slowly lift legs and arms and head above ground. Bring arms backward facing legs. Hold for 10 seconds.



**Puffer Fish:** Sit on the floor and criss cross your legs. Breathe in through your nose, hold your breath for 3 seconds, and exhale (blow out like you're blowing out a candle).



**Turtle:** Sit on the floor with legs straight facing outward. Reach forward on the floor away from your body toward your legs. Place arms under legs for full stretch. Hold for 10 seconds.



**Clown Fish:** Start by sitting on the floor with legs straight out in front of you. Place arms and hands on the floor behind your body - fingers facing your toes. Lift up onto your forearms and stretch head and neck back. Hold for 10 seconds.



**Starfish:** Start with legs shoulder width apart. Take one more step out to the side so legs are further apart. Reach hands away from your body and toward the sky. Hold for 10 seconds.



**Jellyfish:** Stand upright with feet planted on the ground. Bend over to place hands on knees or on floor. Hold for 10 seconds.



Seahorse: Start in a tall-kneeling position on floor. Reach backward away from body toward toes. Reach head back and look up toward sky. Hold for 10 seconds.



Whale: Start by laying on stomach. Slowly lift legs and arms and head above ground. Bring arms backward and hold legs up with hands. Hold for 10 seconds.



Crab: Start by sitting on the floor with legs straight out in front of you. Place arms and hands on the floor behind your body - fingers facing your toes. Lift up so hands and feet are off the ground into a 'bridge' position. Hold for 10 seconds.



Activity found at:

<https://www.artsyfartsymama.com/2013/06/free-printable-under-sea-bingo.html>