

## Get active human bingo

<b>Outcome</b>	Young people build relationships with others and consider the impact of movement on their bodies.
<b>Time</b>	10-15 mins
<b>Equipment</b>	<ul style="list-style-type: none"><li>● Print out human bingo sheet (below) for each participant.</li><li>● Pens for each participant.</li></ul>
<b>Set-up</b>	<ul style="list-style-type: none"><li>● Provide each individual with a sheet and pen.</li></ul>

<b>Instructions</b>	
1)	Players have around 5 minutes to fill in as many bingo squares as they can. Depending on the size and age of your group, adapt timings.
2)	Young people to fill in their bingo sheet with names of a different player.
3)	To fill in a name, the young people must demonstrate the action/movement or confirm a fact about them.  Inform the group that you may ask people to demonstrate in front of the group at the end of the game so they should only put their name down if they feel comfortable to do so.
4)	The winner is the first player to complete their bingo sheet (or see adaptations). They must shout “bingo” and present this to the facilitator.
5)	Check the winning sheet by asking the other players to demonstrate the action/movement or by confirming the fact about them.  E.g. <b>Ask</b> named young person to perform a cartwheel OR when their birthday is.

<b>Adaptations/extension</b>	
●	To shorten the game or keep it time bound, the winner could be the player: <ul style="list-style-type: none"><li>○ That completes 1 or 2 rows (vertical, horizontal, diagonal)</li><li>○ That filled in the most squares in the time limit.</li></ul>
●	Depending on the size of your group, we would suggest that each player can be listed for: <ul style="list-style-type: none"><li>○ Up to 3 squares if you have under 15 participants.</li><li>○ Up to 2 square if you have over 15-24 participants.</li></ul>

## Key messages/ reflection questions

- **Ask:** How does building connections with other make you feel?

Encourage young people to reflect on the benefits and some of the challenges.

- **Ask:** How does movement or getting active make you feel?

Encourage discussion on the positives and negatives.

## Get active bingo: Find someone who...

<b>Can do a cartwheel.</b>	<b>Had a birthday in the last 2 months.</b>	<b>Is wearing a watch.</b>	<b>Can do 5 push-ups.</b>	<b>Has blue eyes.</b>
<b>Supports the same sports team as you.</b>	<b>Can perform a dance move.</b>	<b>Has a pet.</b>	<b>Can touch their toes 5 times.</b>	<b>Likes to swim.</b>
<b>Has received an award.</b>	<b>Has a sister.</b>	<b>Can complete 25 star-jumps.</b>	<b>Is in a club.</b>	<b>Can say the alphabet backwards.</b>
<b>Can do high knees for 30 seconds.</b>	<b>Can play a musical instrument.</b>	<b>Is wearing something red.</b>	<b>Can count to 10 in a foreign language.</b>	<b>Is left-handed or left-footed.</b>
<b>Has been to a foreign country.</b>	<b>Can tap their head + rub their tummy.</b>	<b>Can perform the worm dance.</b>	<b>Is older than you.</b>	<b>Can stand or jump on 1 leg for 30 seconds.</b>