

CHRISTMAS GROSS MOTOR BINGO

5
Snow
Angels

Tip toe
like
Santa

5
Star
Jumps

5
Donkey
Kicks

Christmas
Tree Pose
10
seconds

Ice
Skate
Across the
Room

10
Wood
Chops

Tip toes to
put the star
on the tree

Prance like
a reindeer
(skip)

Do the
candy cane
twist!

March
like the
toy
soldier

Roll
like a
snowball

Shake the
jingle bells
high and
low

Put
ornaments on
tree (squat
and reach)

Run like
Rudolph!

10 jumps
for JOY!

Leap like
a
reindeer!

Drum like
the drummer
boy

Push a
laundry
basket like
a sled

Walk
quietly
downstairs
to peek

Hold plank
while singing
a Christmas
carol

Do 9 jumping
jacks as you
spell
CHRISTMAS!

Pretend to
throw 5
snowballs

Do 5 jingle
bell hops on
each leg

Jump over 4
presents
(pillows)

CHRISTMAS GROSS MOTOR BINGO CALLING CARDS

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Supplies:

-jingle bells

-stairs

-laundry basket

-pillows