

GOTR Summer Bingo Challenge

Complete ANY 5 IN A ROW (up, down, across, or diagonal) on your bingo card to earn a super cool GOTR-themed goodie bag!

HOW TO PLAY: Lots of fun GOTR themed activities in each square—pick your faves or go for the full board!

Mark off the ones you complete. Once you have 5 in a row, YOU WIN!

HOW TO TURN IT IN: Snap a pic or scan your completed Bingo card and email it to: brianne.schwan@girlsontherun.org
OR

Bring your card to **POPSICLES IN THE PARK @ Marvin E. Fird Park** on August 1st from 4–6 PM
to grab your prize and celebrate with us! All bingo cards must be turned in by September 1st to receive a prize.

Let's make this summer shine with laughter, kindness, and big GOTR energy! You've got this, girl!

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| Body In Motion Make up your own warmup using 3 different exercises. Do it twice! | Be an Includer Include someone new in what you're doing- at the pool, in the neighborhood... Everyone shines brighter when we feel included! | 5k Finisher Create your very own 5k sign that you would like to see as you take on your next 5k. | Energy Star Award Create your own energy star award (cheer)! | Feel Your Feelings Take a moment to name how you are feeling today. Then choose an activity that helps you feel it! Example: drawing or dancing |
| Happy Pace Take a run (or walk) around your yard, park or neighborhood and find your happy pace. (The speed that feels just right for you.) | Star Power Create something that lets your star power shine! Write a poem, story or draw a picture that shows what makes you awesome. | Self-Talk Say something kind and powerful about who you are on the inside. Example: "I am brave because..." "I am a good friend because..." | Body In Motion Create an obstacle course using what you have at home or at the park. Time yourself and try to beat your time. | GOTR PRIDE Wear your GOTR shirt with pride today. Find someone who is new to hearing about GOTR and tell that person your favorite part of being a GOTR Girl. |
| What Makes me, ME There is only one you. List 3 things that make you the amazing girl you are: | 5K Finisher Girl, you completed a 5k! Be proud of you because we sure are! Write 2 words to describe how you felt crossing the finish line. |  | Community Impact This season you worked as a team to complete an activity for our community. Complete a task around your home that you weren't asked to do to make an impact in your own household. | Body In Motion Complete 12 star jumps while saying aloud, "I'm a star!" |
| Feel Your Feelings: Dance Party Edition! Choose your favorite song or a song that reflects your mood and dance all the way through. | All Bodies Rock Try an activity that showcases how strong your body is! Write what you did here: Ex: hiking or 20 jumping jacks | Energy Award Winner- It's YOU!! Ooh ahh bananas! Peel Bananas, peel peel bananas! Eat bananas, eat eat bananas! GO bananas, Go go bananas! GOTR is bananas for you! We see you! Grab your favorite stuffy and go bananas! 3 times | Friendship Think of what makes you a good friend. List 3 words or phrases that makes you a good friend. | YOU are Be-YOU-tiful Think of someone in your life that is beautiful on the inside. Write a list of 3 words that describe them and if you are able share with that person. |
| Negative Nelly Your best friend is being really hard on herself. Make up a cheer to help her negative thoughts turn into positive thoughts. | Stop and take a BrTher Trace your Hand. Start at your thumb and breathe in. Hold your breath at the top of each finger and then breathe out as you trace down each finger. | We All Shine Write a note or call someone in your life and tell them why they rock. Example: "You are so strong for finishing that bike ride around the block." | I am Beautiful Use your name to create a list of words that describe you. Example: Alice Active, Loving, Independent, Caring, Empathetic | Body In Motion What 4 things would you like to add to your bucket list of active things to do this summer to keep you moving? |