

★ 3rd Annual Southeast Seattle Schools ★

MERCER MIDDLE | EMERSON ELEM. | GRAHAM HILL ELEM. | KIMBALL ELEM. | ORCA K-8

MOVE - A - THON BINGO! March 6th-17th

Instructions: Put an X over the activities you have done.

MARTIN LUTHER KING, JR. ELEM. | MAPLE ELEM. | RAINIER VIEW ELEM. | HAWTHORNE ELEM.

DUNLAP ELEM. | BEACON HILL INTL. ELEM. | DEARBORN PARK INTL. ELEM. | JOHN MUIR ELEM.

<p>Try an activity you have never tried before</p> 	<p>Do star jumps or reach your arms out 3x your age</p> 	<p>Walk or ride to school or a familiar place</p> 	<p>Stretch your body for 10 minutes</p> 	<p>Learn a new sports move</p> 
<p>Jump rope, or pretend to, for 3 minutes</p> 	<p>Make a chalk obstacle course, have some one else try it</p> 	<p>Go for a walk and look for at least 10 different plants or flowers</p> 	<p>Spend 3 minutes sitting still and focusing on what you see/ smell/ taste/ hear/feel</p> 	<p>Toss a pen or pencil and catch it on the back of your hand</p> 
<p>Do a wall sit for as long as you can, record your best time _____</p> 	<p>Create a path and the floor is lava.</p> 	<p>Videos to help you get moving</p> 	<p>Play rock, paper, scissors with a partner</p> 	<p>Cross a room in duck walk/ crab walk/ bear walk or roll across your own way</p> 
<p>Travel around a block as many times as you can in 15 min Record total _____</p> 	<p>Make up 5 tricks or games or practice throwing a sock ball or two.</p> 	<p>Stretch as tall as you can, relax repeat</p> 	<p>Dance to your favorite song</p> 	<p>Play tag. Create a version with your school mascot</p> 
<p>Play a game that reflects a culture different than your own</p> 	<p>Balancing on 1 leg, try to pick up as many small objects as you can Record total # _____</p> 	<p>Spend 1 hour outside</p> 	<p>Play Frisbee with your friends</p> 	<p>Learn a new dance</p> 

AKI KUROSE MIDDLE | RISING STAR ELEM. | SOUTH SHORE PK-8 | WING LUKE ELEM.

Name: _____ School _____

Bring back board and donations to school by March 24 2023

Donate: Online at www.sessfa.org; Scan QR code or Text D7MOVES to 44-321.

Checks or Cash, please make checks payable to: Alliance for Education.

Write SESSFA on the Memo line.

