thanksgiving BINGO

Stretch for 5 min before dessert	Drink 32oz of water	Stand up for every touch-down	Pick one: -Board Game -Card Game -Puzzle	Pre-Dinner Family Photo
Kitchen Dance Party to holiday music	Post Dinner Walk	10 gentle torso twists before your first bite	Pre-Dinner Stretch	Split a Wishbone
Eat a biscochito while marching	Oops! Burned a dish	FREE Happy Thanksgiving SPACE	Kneed homemade tortillas or sopapillas	Stand heel-to-toe while saying what your thankful for
Post Dinner Warm Tea	Mash your potatoes by hand (no mixer)	5 Sit-to-Stands Before Dessert	Pre Dinner Walk	Talk about how PT/OT/SLP is going
Counter push ups waiting for leftovers to warm up	10 Squats while eating a tamale	Add red green or Christmas to your mashed potatoes	Split a wishbone	Commercial break 20X Arm Swings

NAME: **EMAIL:**

PHONE: **SOCIAL MEDIA @:**

thanksgiving BINGO

How to Play

- Participate in BINGO activities
- Cross out when completed
- Keep playing until you get a BINGO!
  - (5 in a row, column or diagonal)



Enter to Win

- Turn in your BINGO card the week of **Nov 30th - Dec 4th** to the front desk or email marketing@staybalancedpt.com

- Extra entry if you tag us on social media #BPTBINGO

- Extra entry for BLACK OUT (all squares completed)



Winner

Will be announced on 12/7/26!