

READY
TO USE

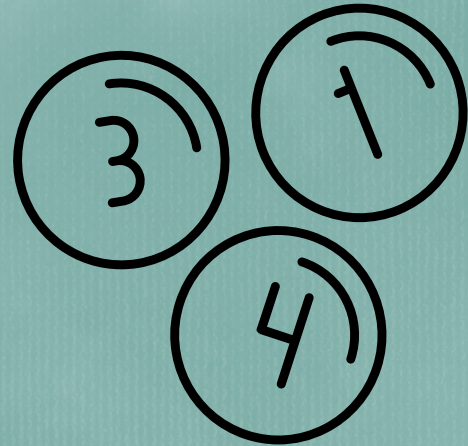
NEURODIVERGENT-FRIENDLY
DIGITAL & PRINTABLE 

FITNESS BINGO

BRAIN BREAK ACTIVITY

NXT GENERATION'S
NEURODIVERSE
UNIVERSE

WE EXIST TO TURN INDIVIDUAL DESIGN
& LIVED EXPERIENCE INTO COLLECTIVE GROWTH,
CREATING A NEURODIVERSE UNIVERSE
WHERE DIFFERENCE IS CELEBRATED
AS THE BLUEPRINT FOR BELONGING.
EMPOWERING EDUCATION • WHOLISTIC HEALTH • COMMUNITY CONNECTION



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THANK YOU FOR SUPPORTING...

NXT Generation's Neurodiverse Resource Universe!

You just made a difference. Every download, every review, every classroom moment matters—and I'm so grateful you chose this resource.

💭 If it made your teaching life a little easier...

🐾 If your student smiled while learning...

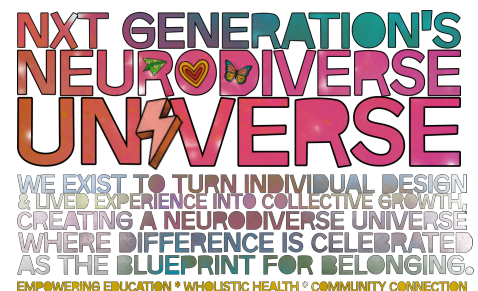
📣 If this fit just right for your neurodivergent learners...

Please consider leaving a quick review—it helps other educators know what works and allows me to keep creating from the heart
💛.

🌈 LEAVE A REVIEW [HERE](#).

🛍️ FIND MORE TOOLS [HERE](#).

With love, creativity, and purpose,
Miss Coach Dani ✨



GAME SET-UP & INSTRUCTIONS

Setup

1. Print and distribute one Fitness Bingo card per student or group.
2. This resource includes:
 - 6 different bingo cards
 - 1 blank bingo card for customization.
3. Ensure students have enough space to safely perform exercises.

Optional materials:

- Stopwatch/timer
- Exercise mats
- Light equipment (optional)

How to Play

1. Students choose a square on their bingo card (example: B1, G4, O2).
2. Students perform the exercise illustrated in that square.
3. The teacher decides the number of repetitions or seconds students complete.
4. Once completed, students mark the square.
5. Students continue selecting squares and completing exercises.

Students try to complete a Bingo pattern.

- 5 exercises across
- 5 exercises down
- Diagonal line
- Four corners
- Full card challenge (optional)

Digital Template Link

You can:

- Assign different cards to different groups
- Rotate cards between classes
- Use the blank card to add your own exercises

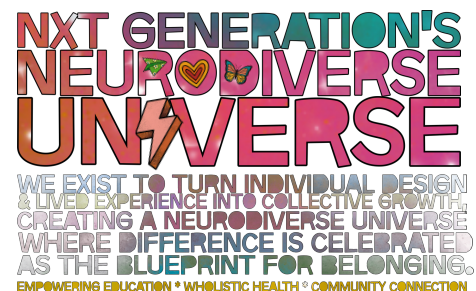
Differentiation Options

Teachers may modify exercises by:

- ✓ Reducing repetitions
- ✓ Increasing time or reps for advanced students
- ✓ Substituting exercises for accessibility
- ✓ Allowing partner workouts

Teacher Tips

- Demonstrate exercises before starting
- Encourage proper form and safety
- Focus on engagement and effort, not just completing bingo



BINGO CARDS

Instructions: Cut and laminate each of these cards!

B1

I1

N1

G1

O1

B2

I2

N2

G2

O2

B3

I3

N3

G3

O3

B4

I4

N4

G4

O4

B5

I5

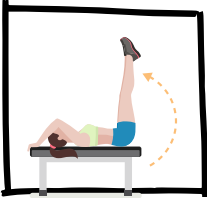
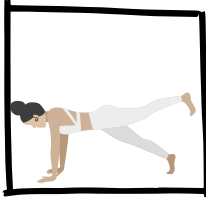
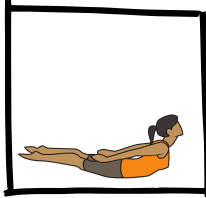
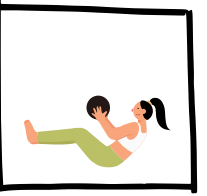
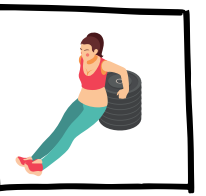
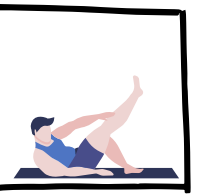
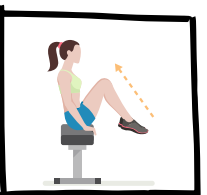
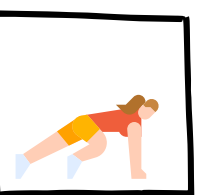
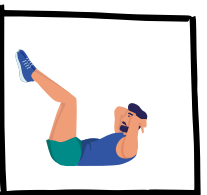
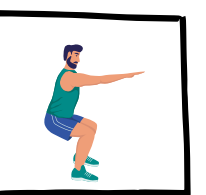
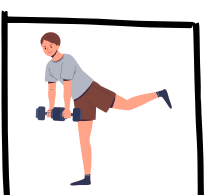
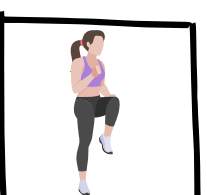
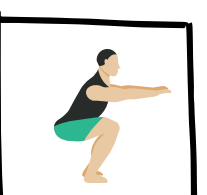
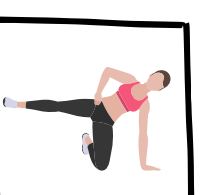
N5

G5

O5

BINGO CARD #5

Instructions: Select a letter and a number (ex: B1). Do the exercise that matches for __ reps/secs. Try to get 5 up, down, maybe all even around!

	B	I	N	G	O
1					
2					
3			FREE		
4					
5					

ATHLETE RECORDING SHEET

Instructions: Select a letter and a number (ex: B1). Do the exercise that matches for __ reps/secs. Try to get 5 up, down, maybe all even around!

Name: _____

Date: ____/____/____

Bingo Square	Exercise	Reps / Seconds	Completed ✓