

# NATIONAL GIRLS AND WOMEN IN SPORTS DAY BINGO

N	G	W	S	D
Watch 20 minutes online of female athletes competing in a sport or sports of your choice. (with parent permission)	Try a brand new sport	Have a breakfast of champions! Make a special breakfast or eat breakfast for dinner!	Make an obstacle course (try involving your favorite sport)!	Draw your future self as an athlete 5-10 years from now. Add colors, quotes, pictures, and words!
Tell us your favorite female athlete. Go to <a href="http://www.menti.com/zbs7dioiya">www.menti.com/zbs7dioiya</a> to let us know (and see the results on our NGWSD webpage)	Learn how to say the name of your favorite sport in 5 different languages	Before school starts, do 2 jumping jacks for each letter of your favorite female athlete's name	Hold a wall-sit for as long as you can	In a day, drink at least 8 glasses of water - hydration is key to performance! Ask a friend to join the daily hydration challenge!
Family fun fitness night - do 10 minutes of any exercises you want	Run 3 people through a work-out routine that you made up	Create an acrostic poem with your favorite sport	Show 3 different people your favorite power pose and explain why you love it!	Start a "good things" jar, adding a good thing to it each day
Snap a pic in your favorite power pose. You can submit it to us at <a href="mailto:hello@sgunitedfoundation.org">hello@sgunitedfoundation.org</a>	Watch sporting events of older girls competing in your town (i.e. go to a high school basketball game)	Take some time to stretch or do yoga (with family, virtually with friends, or by yourself)	Journal about one of your goals in sport this year and how you can reach it	Do as many squats as you can for 2 minutes. Take a 1 minute break and then try to beat your first number for round 2!
Learn a new fact about a female athlete/leader.	Go on a hike or walk with a friend	Put on your favorite song and have a dance party	Branch out of your comfort zone and try and practice a skill from your favorite sport that you haven't done before	Write a letter to yourself to open on NGWSD next year! Write about why you are strong and anything else!