



# GMVS SKI CLUB



## *Remote Bingo!*

*December 12 & 13, 2020*

List 3 things you are grateful for right now	Make a snow angel	Be ready to ski at the lift at 9am	Do five sit-ups	Jump on one foot 10X/foot
Practice putting your ski boots on	Thank your mom or dad for signing you up for GMVS	Help mom and/or dad make a healthy lunch	Watch one world cup GS run	Do a snow dance with your boots on!
Practice your hockey stops	Take a picture of yourself at each open trail sign	Play a musical instrument	Make a new healthy snack (energy balls)	Walk across a fallen tree trunk or a slackline with eyes closed
Go ice skating or nordic skiing	Ski without poles for a whole day	Ski at least 100 turns in one run	Go for a walk outside	Set up an obstacle course in your yard & video yourself running it
Draw a picture on Inverness	Go for a hike with ski poles	Pack your boot bag so everything fits	Hike without touching ground (rocks/fallen trees/stumps are safe!)	Do an online yoga class (cosmic kids on Youtube)