



How to Play BINGO:

- 1. Read the BINGO card and get excited for all the things your child will learn to do this year!**
- 2. Mark off any things your child is already doing using a small sticker, tick mark, highlighter, etc.**
- 3. Identify themes/characters/activities that already motivates your child to move his/her body. (i.e. transportation, dinosaurs, super heroes, etc.)**
- 4. As you play with your child, you will naturally notice the new things he/she is doing. Enjoy checking these boxes off on the BINGO card!**
- 5. Enjoy getting BINGO across, down, diagonal, 4-corners or full card BINGO as the year progresses.**

Remember, this is meant to be FUN for the whole family! Enjoy watching your children grow and reach different goals. Do NOT go out of your way to be the instructor.

BE A PARENT! LET YOUR KIDS BE KIDS! ENJOY THE RIDE!

If at any point you do have concerns, we are always here to help- just reach out! We have many FREE resources on our website and a variety of FREE parent talks throughout the year.

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GOOD BEGINNINGS BINGO © 2024

What will your one year old learn this year?

Gross Motor

Fine and
Visual
Motor

Social/
Regulation

Language/
Communication

Walk

Eat with a
spoon and
pick up food
with
fingers

Notice
when others
are hurt or
upset

Say at least
two words
together

Run

Scribble or
make marks
on a paper

Look at your
face to see
your
reaction

Point to at
least two
body parts

Crawl up
stairs or off
and on
furniture

Put shapes
in an easy
puzzle

Point
to show you
something

Use gestures
such as
nodding

Hold an
adult's hand
to step up
stairs

Stack
objects like
blocks

Copy you
doing
chores

Say
at least 3
words
besides
"mama" and
"dada"

Good Beginnings
A pediatric OT & PT
practice in Northern VA



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