



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 the 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 four year old learn this year?

Gross Motor	Fine and Visual Motor	Social/ Regulation	Language/ Communication
Hop on one foot 8 times	Cut along a line	Follow a schedule (First lunch, then play)	Pretend to be something else during play
Catch any sized thrown ball using hands only	Use "static tripod grasp" (thumb and first two fingers)	Take turns with other children	Say sentences with four or more words
Balance on one foot for 5-8 seconds	Write their name	Follow 4 step directions	Talk about one thing that happened today
Throw a ball overhand	Color inside the lines of a small shape	Pay attention for 10 minutes	Answer more complex "Wh" questions (Who, where...)

Good Beginnings
A pediatric OT & PT
practice in Northern VA



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