

LOCKDOWN LIMBO? DO FLAMINGO BINGO!

The group challenge with something for everyone! Start your card by doing an activity and donating **£10.00**. Then nominate a friend to do each of the other squares. They donate **£10.00** each too, meaning your completed bingo card raises **£100.00** for Flamingo Chicks.

1. Shoot 100 basketball hoops	2. 100 seconds of your best crazy dancing!	3. Cycle, walk or run 100km during May	4. Achieve a 100,000 step count during May	5. Complete 100 squats
6. Climb 100 stairs	7. Hold a plank for 15 seconds every day for a week (to make 100 seconds)!	8. Dance 100 plies	9. 100 keepie-uppies	10. Do it your way!

#MAY100

We are so grateful for your support in helping Flamingo Chicks keep disabled children dancing during lockdown! To find out more about our work visit www.flamingochicks.org

Registered UK charity number: 1187604

