

# Kids Gymnastics Bingo

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Sit in a Butterfly



Skipping Around  
10 sec


Squat Jumps  
2X



Favorite Jump into a Ta-Da



Tucks and Rolls  
3X



Bear Stretch



5 sec Hold a table for your popcorn bowl



Make a Pizza while in a Straddle



Posse Walks around your home



Candlestick



Forward roll over your pillow



Bunny hop around your living room




3 Lunge Taps w/ each leg



FREEZE (rest)



V-SIT Hold for 5seconds



Tired Lazy Cat Stretch



Releve Walks while singing your favorite song



Sleepy Seal Stretch 5X



Dry toe nails while in a pike 5X



Sing the ABC song

Go on a Story Walk

Hollow hold for 5 seconds



5 Frog Jumps



3 Bubble Gum kicks each leg

