

B	I	N	G	O
Stretching	Balance exercises (standing on one foot)	Crossing arms and pressing hands into biceps	Square breathing: Trace a square in the air (inhale hold exhale hold)	Rocking in a chair
Chewing crunchy snacks (carrots pretzels)	Stretch bands	Slow breathing	Bear walks crab walks or frog jumps	Snake breath: Long "ssssss" sound on the exhale
Stomping feet like a dinosaur	Wall push-ups (10-20 reps)	FREE	Bubble breathing: Slow inhale through nose long exhale like blowing bubbles	Plank or "freeze" pose for 10-30 seconds
Carrying groceries water bottles or a backpack	Punching a pillow or hitting a punching bag	Squeezing a stress ball or therapy putty	Pushing a laundry basket filled with books	Standing with feet glued to the floor
Jumping jacks	Sitting on hands	Hands in pockets or behind back	Candle breathing: Pretend to slowly blow out candles one at a time	Slow pacing

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Wall push-ups (10-20 reps)	Squeezing a stress ball or therapy putty	Snake breath: Long "ssssss" sound on the exhale	Slow pacing	Standing with feet glued to the floor
Bubble breathing: Slow inhale through nose long exhale like blowing bubbles	Carrying groceries water bottles or a backpack	Rocking in a chair	Chewing crunchy snacks (carrots pretzels)	Sitting on hands
Bear walks crab walks or frog jumps	Lying on the floor with a weighted item	FREE	Balance exercises (standing on one foot)	Pushing a laundry basket filled with books
Stretching	Candle breathing: Pretend to slowly blow out candles one at a time	Wrapping tightly in a blanket ("burrito")	Square breathing: Trace a square in the air (inhale hold exhale hold)	Slow breathing
Crossing arms and pressing hands into biceps	Plank or "freeze" pose for 10-30 seconds	Punching a pillow or hitting a punching bag	Jumping jacks	Stretch bands

B	I	N	G	O
Chewing crunchy snacks (carrots pretzels)	Standing with feet glued to the floor	Punching a pillow or hitting a punching bag	Square breathing: Trace a square in the air (inhale hold exhale hold)	Balance exercises (standing on one foot)
Wall push-ups (10-20 reps)	Snake breath: Long "ssssss" sound on the exhale	Crossing arms and pressing hands into biceps	Carrying groceries water bottles or a backpack	Sitting on hands
Plank or "freeze" pose for 10-30 seconds	Lying on the floor with a weighted item	FREE	Bubble breathing: Slow inhale through nose long exhale like blowing bubbles	Bear walks crab walks or frog jumps
Candle breathing: Pretend to slowly blow out candles one at a time	Stomping feet like a dinosaur	Rocking in a chair	Hands in pockets or behind back	Slow pacing
Stretch bands	Stretching	Pushing a laundry basket filled with books	Jumping jacks	Cold water on wrists or face