

B	I	N	G	O
Stomp your feet	Arm circles backwards	Dance	Shake your legs	Run in place
Cross your left arm over your right arm	Starfish	Say hi to your friend	Arm circles forwards	Shake your hands
Stand on your tippy toes	Touch your head	FREE	Butterfly stretch	Marches
Reach for the ceiling	Show me your shoes	Reach for your toes	Jump 3 times	Say hi to Mr. Nick
Hop on one foot	Clap your hands	Shake your arms	Windmill	Cross your right arm over your left arm

B	I	N	G	O
Touch your head	Arm circles forwards	Shake your legs	Cross your left arm over your right arm	Say hi to your friend
Dance	Windmill	Run in place	Clap your hands	Shake your hands
Reach for the ceiling	Butterfly stretch	FREE	Marches	Arm circles backwards
Jump 3 times	Shake your arms	Stomp your feet	Cross your right arm over your left arm	Show me your shoes
Reach for your toes	Say hi to Mr. Nick	Stand on your tippy toes	Starfish	Hop on one foot

B	I	N	G	O
Clap your hands	Shake your arms	Arm circles forwards	Say hi to Mr. Nick	Butterfly stretch
Stomp your feet	Reach for the ceiling	Reach for your toes	Starfish	Run in place
Stand on your tippy toes	Cross your right arm over your left arm	FREE	Show me your shoes	Jump 3 times
Touch your head	Shake your hands	Shake your legs	Windmill	Dance
Marches	Arm circles backwards	Say hi to your friend	Cross your left arm over your right arm	Hop on one foot