

B	I	N	G	O
Use household item to help stretch splits	Ballet in the morning sun	Draw paint or create an RG inspired art piece	Practice putting your hair in a bun	No devices for 1 hour
Do a conditioning session for 10 minutes	Teach a non gymnast 10 seconds of your routine	Play your favorite song and sing or dance	Complete 1 chore your parents gave you	Practice a passe attitude or scale pivot
Stretch with a family member	Use a household item as an apparatus (parent must ok use of item)	FREE	Do 2 minutes of positive meditation	Give yourself a facemask
Go for a walk	Share a snack of fruit with a family member	Have a video chat with your gymnastics friends	Frog stretch while watching tv	Outloud say " I'm amazing I'm powerful I'm kind"
Drink a glass of water	Do a balance by a tree	Pose behind a family member	Vacuum on high toes	Do an exercise class suggested by your Coach

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