B	I	N	G	O
Turn around 2 times	Bear Walk across the room	Do a karate Kick	Run in place for 5 seconds	Hop side to side 10 times
Do 5 squats	Touch your toes	Jump like a bunny 10 times	Climb a ladder	Practice hop scotch jump
Stand on one foot for 4 seconds	Walk like a crab across the room	**FREE**	Do 3 frog Jumps	Go into boat pose
Go into firetruck pose	Slither like a snake across the room	Hop on one foot 3 times	Go into Butterfly pose	Jump 10 times like a bunny
Gallop like a horse	Do 5 jumping jacks	Make you body in to a slide	Walk on a pretend balance beam	Do a bridge pose

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B	I	N	G	O
Walk like a crab across the room	Climb a ladder	Run in place for 5 seconds	Do 5 squats	Jump like a bunny 10 times
Do a karate Kick	Walk on a pretend balance beam	Hop side to side 10 times	Do 5 jumping jacks	Practice hop scotch jump
Go into firetruck pose	Do 3 frog Jumps	**FREE**	Go into boat pose	Bear Walk across the room
Go into Butterfly pose	Make you body in to a slide	Turn around 2 times	Do a bridge pose	Slither like a snake across the room
Hop on one foot 3 times	Jump 10 times like a bunny	Stand on one foot for 4 seconds	Touch your toes	Gallop like a horse

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B	I	N	G	O
Do 5 jumping jacks	Make you body in to a slide	Climb a ladder	Jump 10 times like a bunny	Do 3 frog Jumps
Turn around 2 times	Go into firetruck pose	Hop on one foot 3 times	Touch your toes	Hop side to side 10 times
Stand on one foot for 4 seconds	Do a bridge pose	**FREE**	Slither like a snake across the room	Go into Butterfly pose
Walk like a crab across the room	Practice hop scotch jump	Run in place for 5 seconds	Walk on a pretend balance beam	Do a karate Kick
Go into boat pose	Bear Walk across the room	Jump like a bunny 10 times	Do 5 squats	Gallop like a horse

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