

Calm Down Bingo

	C	A	L	M
D	20 big forward arm circles	5 push-ups	Hop on right foot 15 times	10 jumping jacks
O	Touch your head, shoulders, knees, and toes 5 times	5 deep breaths, like you were blowing up a balloon	Hands on waist, and twist for 20 seconds	Pretend to blow out 5 birthday candles
W	Move your right hand up and down and your left hand side to side at the same time 5 times	Hands over your head, and touch your toes 10 times	March in place for 20 seconds	20 big backward arm circles
N	10 deep breaths	10 wall push-ups	20 small arm circles	High knees in place 20 times