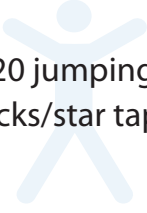
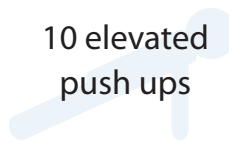
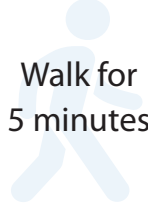


# Physical Wellness Bingo

20 standing penguins	 20 jumping jacks/star taps	Take 5 deep breaths	Walk for 10 minutes	20 marches
20 leg extensions	10 squats to chair	10 plank shoulder taps on chair	20 toe touches	10 full bodies
Walk for 20 minutes	10 modified frog jumps	15 second wall sit	 10 elevated push ups	20 jumping jack/star taps
 Walk for 5 minutes	20 seated knee lifts	20 mountain climbers on chair	15 squats to chair	Take 10 deep breaths
10 sumo squats	15 second plank hold on chair	15 full bodies	20 second wall sit	10 standing penguins

Visit [winterstreak.org](http://winterstreak.org) for resources and tools to support many of the activities listed above.

