

B	I	N	G	O
<p>Tummy time for 5 minutes</p> 	<p>Hold head up for 15 seconds</p>	<p>Sitting for 10 seconds</p> 	<p>Rolling 3 times on the ground</p>	<p>Dance for 5 minutes</p> 
<p>Floor time for 10 minutes</p>	<p>Quadruped for 10 seconds</p> 	<p>Pull to sit 5 X</p>	<p>Diaphragmatic breathing</p> 	<p>Pressure relief position for 30 seconds</p>
<p>Bridge 5X</p> 	<p>Seated Marches 10 X</p>	<p>Free Space</p>	<p>Knee extension 10 X</p>	<p>Blowing bubbles</p> 
<p>Exercise outside for 10 minutes</p>	<p>Knee Squeezes 10X</p> 	<p>Sing your favorite song</p>	<p>Arm Circles</p> 	<p>Exercise with friends for 15 minutes</p>
<p>Stretch for 5 minutes</p> 	<p>Water exercises for 15 minutes</p>	<p>Hold arms up for 5 seconds</p> 	<p>Cotton ball Race with Straws</p>	<p>Chair push-ups 10 X</p> 