

SASK ARTISTIC SWIMMING MAY BINGO



Flat russian split	Random Act of Kindness	50 jumping jacks	Hold plank for 30sec	Connect virtually with friend or family
10 Push-Ups	Read a book	Fresh air activity	Play a game (not electronic)	Teach a family member flamingo position
Did my school work	25 high knees	Take a picture of ballet leg in a creative location	Standing pancake for 30sec	Flat right leg split
Create a 15sec Land drill routine	Washed hands	Stretched for 30min	Learned something new	Running on the spot 1min, 3 times
Flat Left Leg Split	Watched a movie	Hold a handstand for 5sec	Go for a 30min walk or bike ride	Help a family member

