

DSAMn March Winter Wellness

bingo

2X EACH:
15 SQUATS
15 JUMPING
JACKS
15 MARCHING
HIGH KNEES

15
MINUTE
WALK!

DRINK 7
GLASSES OF
WATER IN ONE
DAY

DO A 5 MIN.
TIDY UP!
GO THROUGH A
ROOM OR THE
HOUSE
CLEANING AS
FAST AS YOU
CAN

15
MINUTES
OF
YOGA

CLEAN ONE
ROOM
IN
YOUR
HOUSE

LISTEN TO
MUSIC FOR
15 MINUTES-
NO SCREENS!

2X EACH:
15 BUTT KICKS
15 LUNGES - L
LEG
15 LUNGES - R
LEG

CALL/
FACETIME
A FRIEND
OR FAMILY
MEMBER

GET 8
HOURS OF
SLEEP

MAKE A
CARD/PICTURE/
BRACELET/
CRAFT TO
GIFT TO
SOMEONE

2X EACH:
15 TOE TOUCHES
(R HAND TO L
FOOT, L HAND TO
R FOOT)
15 ARM CIRCLES
FORWARD AND
BACKWARDS
15 CRUNCHES

FREE
SPACE

15 MINUTES
OF SLOW,
HEAD TO TOE
BODY
STRETCHES

2X EACH:
15 JUMP IN PLACE
15 ELBOW/KNEE
TAPS
15 BIG STEPS (TO
THE LEFT AND THE
RIGHT)

15
MINUTES
OF
MOVEMENT

MEDITATE/SIT
QUIETLY
FOR
15
MINUTES

BE A KID AT
HEART!: PLAY A
GAME OF
HOPSCOTCH
USE PAINTER OR
MASKING TAPE
ON THE FLOOR

15
MINUTE
DANCE
PARTY!!

NO SCREENS
FOR TWO
HOURS
BEFORE
BED

TRY A
NEW TO YOU
FRUIT
OR
VEGETABLE

2X EACH:
15 BICEP CURLS
15 PUSH UPS
(ON KNEES OR
TOES)
15 SEC PLANK

15 MINUTES OF
JOURNALING,
WRITING OR
LIST MAKING

15
MINUTES
OF
COLORING

NO SOCIAL
MEDIA
FOR A
DAY



:Down
Syndrome
Association
of Minnesota