

Kinesiology Bingo

TEACH SOMEONE SWITCH-ONS	DO A COLOUR BALANCE	PROMOTE AN SK CLASS	POST ABOUT SK ON SOCIAL MEDIA	THYMUS THUMP EVERYDAY FOR A WEEK
CHECK OUT THE TFH ARCHIVE	FILM A MUSCLE DANCE	COMPLIMENT A PRACTITIONER	HOLD ESR'S	ATTEND A CLASS OR CONFERENCE ONLINE
WRITE ABOUT WHAT SK MEANS TO YOU	WATCH A SK INTERVIEW		HELP YOUR LOCAL ASSOCIATION WITH A PROJECT	WRITE OUT YOUR SK GOALS
SIGN UP FOR KNOWLATIVE	CROSS-CRAWL TO YOUR FAV SONG	5 MINUTES OF QUIET. BREATHE	TRY A SURROGATE BALANCE	WALKING MEDITATION
DANCE LIKE NO-ONE'S WATCHING	CREATE DAILY AFFIRMATIONS	TIME OF DAY BALANCE BEFORE BREAKFAST	JOURNAL ABOUT YOUR CLIENT WORK	REACH OUT TO SOMEONE IN NEED