

LET'S PLAY BINGO

| A | C | T | I | V | E |
|---|---|--|---|---|---|
| Do 50 jumping jacks today | Go through old photos | Clean out your closet | Write a letter to a family member | Have a tea party | Drink 8 glasses of water (in 1 day) |
| Draw and colour your favourite video character or cartoon character in sidewalk chalk | Do 25 bicep curls with soup cans or laundry soap jugs | Go for a bike ride or scooter around the neighbourhood | Action TV - Do sit-ups, jumping jacks and climb stairs during commercials | Add some fruit to your breakfast | Write a memory down in a book and a photo too if you have one |
| Play a card game with your family members | Identify different flowers on a walk | Bake a treat | Play dominoes or marbles and Jaxxs | Make homemade playdoh | Make ants on a log for a snack |
| Make a card for someone and mail it | Ask everyone what their favourite memory is at the dinner table | Build a backyard obstacle course | Learn how to say your name in sign language | Do some stretches while watching TV | Try Yoga |
| Research what happened in the world on the day you were born | Try a new recipe with Mom or Dad | Complete a word search puzzle | Design a new Super Hero | Read up on interesting facts about Canada | Take your dog (or your family) for a walk |