


LET'S PLAY BINGO

A	C	T	I	V	E
Do 25 sit ups today	Take your dog or family for a walk	Clean out under your bed	Bake or cook something for an elderly neighbour	Make lemonade	Find out what a garter snake hibernaculum is
Plant a seed	Do 15 tricep curls with soup cans or laundry soap jugs	Go for a bike ride or scooter around the neighbourhood	Action TV - Do 5 burpees during commercials	Add fruit to your cereal	Write memory #2 down in a book and a photo too if you have one
Play a game of memory using a deck of cards	Look for butterflies on your walk	Make a list of 3 things you want to do this year	Listen to music by a Canadian Artist or Band	Tell a funny joke	Try a new fruit
Make a picture and put it in the front window	Ask to hear a story of when you were younger	Make your own bubble solution and try it out	Learn a new dance move	No TV for a day	Try pilates
Find out a fact about a grandparent	Try a new vegetable for dinner	Complete a Sudoku	Read a new book or magazine	Give your best friend a call	Paint a rock with a cool design



Make-believe play is essential for kids to develop a sense of curiosity and learn how to respond to different situations.

Jerome and Dorothy Singer, 1985, 1998.

PLAY FACTS

Researchers say free play can significantly improve kids' problem solving skills.

Thian, 2006 as cited in "Facts on Play" kaboom.org, 2011

Talking, signing, reading & playing are the best ways to stimulate children's brain development.

Fast Facts about Children's Brain Development, University of Denver, 2013