


LET'S PLAY BINGO

A	C	T	I	V	E
Do 25 push ups today	Put on your favourite song and dance	Make a time Pandemic capsule	Send an email letter to a friend that you haven't talk to lately	Make a milkshake	Find out where bats sleep
Start a pandemic diary	Do 15 squats while holding soup cans or laundry soap jugs	Have picnic in your backyard	Action TV - Do a plank for 1 whole commercial	Have some yogurt with fruit and granola	Write memory #3 down in a book and add a photo too if you have one
Learn a new card game	Look for bugs on your walk	Make a homemade bracelet	Listen to music by a Canadian Artist or Band	Learn a magic trick	Try a new healthy cereal for breakfast
Make a picture and put it in the front window	Ask to hear a story of your parents or grandparent growing up	Make dinner with your parent and guess how much it cost to make it.	Prepare a nature scavenger hunt for your next walk	Learn to do a load of laundry	Learn how to tie a sliding knot
Make a list of sounds you hear on your next walk	Find out how any maple leaves are on the Ontario Code of Arms	Paint Tic Tac Toe rocks and make a game board	Go for a bike ride or scooter around the neighbourhood	Set up a movie night outside	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