


LET'S PLAY BINGO

A	C	T	I	V	E
Do 25 sumo Squats	Act out animals and have family guess who they are...no sounds	Spell out the alphabet with your body	Teach a family member a new dance move	Make fresh squeezed orange juice	What's the strangest animal that lives in Canada?
Write in your pandemic diary	Skip for 1 minute 5 times	Paint a container, plant a seed and watch it grow	Action TV - Hold warrior pose for the length of a commercial	Have some fruit and cheese as a snack	Write memory #4 down in a book and add a photo too if you have one
Make puppets and put on a puppet show	Look for leaves on your walk and find out which trees they came from	Choose an item with moving parts and learn how it works	Make homemade slime	Learn to make an origami animal	Pick a new route to ride your bike with your family
Write positive messages in chalk on the sidewalk for your neighbours to read	Ask where all the places your parent lived while growing up	Pick a recipe, make a shopping list and help make it	Make a bird feeder, fill it with seed and identify which birds visit it	Sweep and mop the floors	Learn how to tie a figure 8 knot
Play outdoor water tag using buckets, water and sponges	See how many Canadian flags you can spot on a walk	Make a paper airplane	Go out on a clear night and find the big dipper	Have a pillow fight	Eat some frozen yogurt on a hot day



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