


# LET'S PLAY BINGO

<b>A</b>	<b>C</b>	<b>T</b>	<b>I</b>	<b>V</b>	<b>E</b>
Do 25 calf raises	Make homemade freezer jam	Read a book or magazine	Do a paint by number	Play Tic Tac Toe in sidewalk chalk	Find a cardinal on a walk or hike
Write in your pandemic diary	Do 15 push ups	Play in the rain	Action TV - Hold Downward Dog pose for the length of a commercial	Make homemade popsicles	Write memory #5 down in a book and add a photo too if you have one
Make a craft out of recycled materials	Go on a hike with your family	Play clothes pin tag	Learn to make a fruit smoothie	Have a game of bowling using a ball and empty water bottles	Run up and down the stairs 10 times
Make muffins	Watch an educational program	Play a board game with family	Have a watermelon eating contest	Dust the furniture while dancing to music	Wash or clean the family car
Go berry picking with your family	Draw a self portrait	Try to find snail in the garden	Plant a sunflower seed	Look for new wildlife in your neighbourhood	Have a water balloon catching contest in the backyard



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