

# BINGO

Make a Tent with a sheet or blanket and have a picnic under it.	Call or Video chat with a senior.	Bake a new treat.	Have a dance party / nerf war/ sock war .... or ALL of them!	Do 10 pushups, 15 jumping jacks, & 20 sit ups.
Get creative and create an obstacle race course and see who can get the fastest time.	Clean around the house for at least 30 minutes.	Paint/Color/Draw a picture, you can even follow along with a Bob Ross video.	Go a whole day without screen time.	Learn to say the days of the week in a new language.
Write about your day in a journal or notebook for 5 days.	Make something new out of recycled items around your house (newspaper/ toilet paper tube/ cardboard, etc.		Perform an act of service for a family member.	Play outside for at least 30 minutes.
Perform a science experiment <a href="https://www.sciencefun.org/kidszone/experiments/">https://www.sciencefun.org/kidszone/experiments/</a> .)	Spring Cleaning Find at least 10 things you no longer need/want and put in a bag to donate.	Play a game with a family member or pet.	Write a letter to someone you love and mail it to them.	Help cook a family meal.
Make an origami crane and try out other shapes as well.	Read a book for at least 30 minutes.	Eat a meal with your non-dominant hand.	Go on a virtual tour of a museum/mars/ aquarium, etc. ( <a href="https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/">https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/</a> )	Sink or Float Challenge – gather at least 20 items from around the house to test if they will sink or float in water

**PARENTS:** During this crazy time, we wanted to create an opportunity for your child to stay active by completing this BINGO sheet. We hope that this will be fun for your family and help them get through some of the required down time. We are offering a free day pass to the Scera Park Pools, for ages 16 & under who complete everything on the Bingo sheet, and get a Blackout. Drop off your completed Bingo sheet and redeem your prize at the Orem Friendship Center (93 N 400 E, Orem – temporary Fitness Center site during renovation), May 6<sup>th</sup> or 8<sup>th</sup>, from 9-11am. Have Fun & Stay Well!