

PG Parks BINGO!


Complete your
BINGO activities
in 5 days or less

Choose a few of these fun recreational activities each day to keep your mind, body and soul moving!

As you complete a number, have another person in your house X it out in the corresponding box on the BINGO card. Don't forget your free space! See if you can complete all activities in 5 days or less! **BINGO!!!!**

THEME:

Health and Wellness • Nature • STEAM
Academics • Conservation • Performing Arts

12	7	18	6	23
2	8	9	19	22
21	10		12	3
14	5	15	1	17
13	11	24	16	4

MATERIALS:

- Family member to join in the fun
- BINGO Card sheet
- Pen/pencil to mark off square
- Cell phone for QR Code activities, if you are choosing that activity

- Choose a day to start
- Each day choose a few activities from your BINGO card to complete
- When you complete an activity, have a family member X off that square on your BINGO Card. No printer? No worries, write down the numbers 1-24 on a piece of paper or draw your own BINGO card and X off the activity numbers as you complete them!
- When all 24 activities and your FREE space have an X yell "BINGO"
- Next steps if you choose - create your own BINGO card of activities to challenge your family and friends.

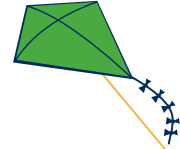
STAY ACTIVE WHILE PARTICIPATING IN FUN ACTIVITIES WITH YOUR FAMILY/FRIENDS.



1. Do 10 jumping Jacks
2. Make a jigsaw Puzzle
3. Build towers with rocks and paint.



4. **Sit ups:** Deck of Cards Sit ups:
Draw a card from the deck, that number of sit ups.
*Face cards count as '10.



5. Make a kite and fly it.

6. **Port-A-Fort:**
Build a fort out of furniture, pillows, etc.



7. Read a chapter in a book.

8. Zzz: Take a nap

9. **Give Thanks:** Email or write a letter to a teacher to say thank you for them helping you in school and providing a healthy learning environment.

10. Look out the window and count how many animals you see.



11. **Bedroom Boss:**
Make up your bed and clean your room.

12. Design a super hero and design their theme song.

13. Learn to cook a new meal with a parent.

14. **H2O:** Drink 3 bottles of water in 1 day.

15. Color a piece of paper then fold it into a paper plane then see how far it can fly.

16. **Pearly Whites:** Brush your teeth

17. Recycle all plastic items today.



18. Watch your favorite TV show.

19. Listen to your favorite song.

20. Complete 100 math problems.

21. Make someone smile or laugh

22. **Cloud in a Jar:**
Follow the QR Code for this activity.

- 23 and 24. **Lego Computer Coding:**
Follow the QR Code for this activity.

