

SPRING INTO FUN

FAMILY BINGO

B I N G O

1	Make and send cheerful cards for local senior citizen homes.	Learn how to say "hello" and "thank you" in another language.	Set a time for a <u>family yoga session</u> to release stress and introduce the concept of mindfulness.	As a family, learn about and eat a new vegetable in a meal one week.	Conduct a <u>family history interview</u> . Write down or audio record their story!
2	Create a journal, like a gratitude, nature, or daily quote journal.	Fly a <u>homemade kite</u> .	Watch <u>this video about Memorial Day</u> and make some artwork to hang in your window to honor the day.	Go on a hike or go to the neighborhood park and draw the view.	Research an endangered animal and learn about its habitat.
3	Make a paper boat and host a boat race.	Make <u>homemade play dough</u> or <u>slime</u> .		Host a family movie night.	Watch this <u>Sesame Street Video</u> & complete the <u>2020 Census</u> together.
4	Heart Health: Count your heart beats @ heart resting rate, after 10 jumping jacks. How about after 20 jumping jacks?	Celebrate <u>Green Up Day</u> early by picking up a bag of litter on your daily walk.	<u>Grow a vegetable from kitchen scraps!</u>	Write a thank you letter to the VT National Guard, medical professionals, or someone helping in your community.	Do a new <u>chore to support your household</u> .
5	Create and post a list of important family and friends phone numbers on the fridge. Give one of them a call!	Enjoy a homemade spa treatment with <u>this simple sugar scrub</u> .	Make an upcycled <u>cereal box robot</u> .	Make a fort either indoors or outdoors - Have a family camp out in your living room or in your backyard.	Throw a <u>homemade bubble party</u> .

Note: Looking to get offline? Columns B & G, & the diagonal from B5 to O1 offer activities that can be done without looking up anything online and with supplies that most homes will have on hand!

Do you know a family that isn't online or that you want to share this bingo card with? Print this card off and invite them to join the fun by dropping on their doorstep during this time of social distancing.



This activity was created by Military Kids Vermont. For more info on how to support military youth in your community, please visit our Facebook page @MKVermont.