Month of the Military Child

Military Kids Vermont
Family Bingo

<table>
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<tr>
<th></th>
<th>B</th>
<th>I</th>
<th>N</th>
<th>G</th>
<th>O</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Make and send cheerful cards for local senior citizen homes.</td>
<td>Learn how to say &quot;hello&quot; and &quot;thank you&quot; in another language.</td>
<td>Set a time for a family yoga session to release stress and introduce the concept of mindfulness.</td>
<td>As a family, learn about and eat a new vegetable in a meal one week.</td>
<td>Conduct a family history interview. Write down or audio record their story!</td>
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<td>2</td>
<td>Create a journal, like a gratitude, nature, or daily quote journal.</td>
<td>Fly a homemade kite.</td>
<td>Hold an egg drop challenge - build containers to keep the egg from cracking.</td>
<td>Go on a hike or go to the neighborhood park and draw the view.</td>
<td>Research an endangered animal and learn about its habitat.</td>
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<td>3</td>
<td>Make a paper boat and host a boat race.</td>
<td>Make homemade play dough or slime.</td>
<td>Host a family movie night.</td>
<td></td>
<td>Watch this Sesame Street Video &amp; complete the 2020 Census together.</td>
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<td>4</td>
<td>Heart Health: Count your heart beats @ heart resting rate, after 10 jumping jacks. How about after 20 jumping jacks?</td>
<td>Celebrate Green Up Day early by picking up a bag of litter on your daily walk.</td>
<td>Grow a vegetable from kitchen scraps!</td>
<td>Write a thank you letter to someone who has impacted your community.</td>
<td>Do a new chore to support your household.</td>
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<td>5</td>
<td>Create and post a list of important family and friends phone numbers on the fridge. Give one of them a call!</td>
<td>Enjoy a homemade spa treatment with this simple sugar scrub.</td>
<td>Make an upcycled cereal box robot.</td>
<td>Make a fort either indoors or outdoors - Have a family camp out in your living room or in your backyard.</td>
<td>Throw a homemade bubble party.</td>
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Need a few more ideas or find an activity a challenge? You can substitute any of these activities below for any of the activities on the bingo sheet.

- Experiment with static electricity with [this easy activity](#).
- Make a dictionary word jar. Write down words and definitions, put in a jar, and pull one out each day for a word of the day.
- Play a game of [homemade bowling](#).
- Go for a 20 minute walk; incorporate lunges, butt kicks, side shuffle, karaoke, or skip!
- Hold an impromptu family dance party to your fave tune.
- Play one of the simple, yet fun [sock games](#) on this list of boredom busters.
How to play!

Guidelines & Submission

April is Month of the Military Child and to celebrate we are launching a game of family bingo for you to play throughout the month.

1. Participate by trying to complete any row diagonally, across, or vertically by participating in each of the events in the squares for that row. Can't get enough? Complete the whole card!
2. When you have completed an activity cross it out on your bingo card or record it on a separate piece of paper if you’re playing your card from the computer.
3. Optional: During each of the activities, take a photo and tag @MKVermont on Facebook and use the #purpleupvt2020. *Not required for prize eligibility.
4. Ways to submit:
   a. Send a photo or scan of your completed bingo card OR Email a list of activities completed to allison.smith.2@uvm.edu.
   b. In your email, please include all participant names noting the age of youth who played bingo, your phone number, and mailing address.
5. Deadline to submit is Friday, May 8, 2020.
6. Questions? Contact Allison Smith, allison.smith.2@uvm.edu.

Prizes

- Families that complete at least one row on the Bingo card will be eligible to receive one MKVT color changing cup and car charger.
- Complete the whole card and your family will be entered into a raffle for a family activity basket that is sure to inspire fun and laughs for the whole family!

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 military family that isn’t online or plugged into MKVT? Print this card off and invite them to join the fun by dropping on their doorstep during this time of social distancing.

Month of the Military Child "Military Kids Can" Video Contest

Submission Deadline Extended to April 24th.
Open to ALL youth 5-18 years old. ***no military affiliation required**
Prizes awarded to best videos!
For contest guidelines, resources, and ways to submit your video, visit the link below!
https://www.uvm.edu/extension/youth/announcements