

Beat the Boredom Blues

BINGO

 <p>Bake a treat</p>	 <p>Do some spring cleaning</p>	 <p>Watch your favourite show</p>	 <p>Pick up some groceries for a friend</p>	 <p>Do 50 jumping jacks</p>
 <p>Call a loved one</p>	 <p>Play charades</p>	 <p>Do 50 sit-ups</p>	 <p>Recreate your favourite building or skyline with Lego or blocks</p>	 <p>Practice some Yoga</p>
 <p>clean some dishes or load the dishwasher</p>	 <p>Go for a bike ride</p>		 <p>Play a board game</p>	 <p>Go for a jog</p>
 <p>Explore the world with Google Earth or a globe</p>	 <p>Go on a indoor scavenger hunt</p>	 <p>Take a warm shower or a relaxing bath</p>	 <p>Go rollerblading</p>	 <p>Complete a word search or crossword</p>
 <p>Dance to your favorite song</p>	 <p>Follow your municipality on social media</p>	 <p>Play Frisbee in your backyard</p>	 <p>Write a letter to your future self</p>	 <p>Play hide-and-seek</p>



Stay active while we #StayHomeNiagara. Please be sure to follow Public Health advisories and recommendations like physical distancing while we #StayActiveNiagara.

Share your **BINGO** photos and videos to #StayActiveNiagara