

Beat the Boredom Blues

BINGO

 <p>Play hopscotch</p>	 <p>Spend time gardening</p>	 <p>Complete a Sudoku</p>	 <p>Backyard bird watching learn about our native species</p>	 <p>Play a video game</p>
 <p>Take a warm shower or a relaxing bath</p>	 <p>Play I spy</p>	 <p>Stretch</p>	 <p>Go for a walk</p>	 <p>Join a book club</p>
 <p>Try a new recipe</p>	 <p>Take 8,000 steps</p>		 <p>Take a virtual tour</p>	 <p>Do a puzzle</p>
 <p>Watch a movie or documentary</p>	 <p>Walk your dog</p>	 <p>Draw a picture</p>	 <p>Learn a magic trick</p>	 <p>Learn origami</p>
 <p>Dance to your favorite song</p>	 <p>Organize a video chat session with friends</p>	 <p>Bake a treat</p>	 <p>Learn or practice a new hobby</p>	 <p>Listen to a podcast</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