

Beat the Boredom Blues

BINGO

| | | | | |
|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|  <p>Go for a walk</p> |  <p>Make a craft</p> |  <p>Build a fort</p> |  <p>Play a card game</p> |  <p>Make a healthy snack</p> |
|  <p>Take time to unwind</p> |  <p>Play Tic-Tac-Toe</p> |  <p>Invent a new game</p> |  <p>Write a play, or poem</p> |  <p>Do some spring cleaning</p> |
|  <p>Make puppets and put on a show</p> |  <p>Learn a new skill</p> |  |  <p>Read a book</p> |  <p>Take a virtual tour</p> |
|  <p>Paint</p> |  <p>Do 50 jumping jacks</p> |  <p>Have a paper airplane contest</p> |  <p>Have a living room picnic</p> |  <p>Watch a movie or documentary</p> |
|  <p>Draw a comic strip</p> |  <p>FaceTime a friend</p> |  <p>Do 10 push-ups</p> |  <p>Do a puzzle</p> |  <p>Meditate</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