

# Beat the Boredom Blues

# BINGO

 <p>Bake a treat</p>	 <p>Do some spring cleaning</p>	 <p>Jump rope</p>	 <p>Support a local charity</p>	 <p>Do some star gazing</p>
 <p>Call a loved one</p>	 <p>Play charades</p>	 <p>Write in your journal</p>	 <p>Karaoke at home</p>	 <p>Draw a picture</p>
 <p>Clean some dishes or load the dishwasher</p>	 <p>Go for a bike ride</p>		 <p>Have a living room picnic</p>	 <p>Research your family tree</p>
 <p>Explore the world with Google Earth or a globe</p>	 <p>Go on an indoor scavenger hunt</p>	 <p>Draw some sidewalk chalk art</p>	 <p>Do 10 push-ups</p>	 <p>Build a fort</p>
 <p>Dance to your favorite song</p>	 <p>Make a craft</p>	 <p>Make a healthy snack</p>	 <p>Go for a walk</p>	 <p>Follow your municipality on social media</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