

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>Build a fort</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>Follow your municipality on social media</p>
 <p>Clean some dishes or load the dishwasher</p>	 <p>Go for a bike ride</p>		 <p>Play a board game</p>	 <p>Practice some yoga</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>Make a healthy snack</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