

Beat the Boredom Blues

BINGO

 <p>Water your plants</p>	 <p>Backyard bird watching learn about our native species</p>	 <p>Watch your favourite show</p>	 <p>Pick up some groceries for a friend</p>	 <p>Do 50 jumping jacks</p>
 <p>Learn a magic trick</p>	 <p>Learn origami</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>Learn or practice a new hobby</p>	 <p>Listen to a podcast</p>		 <p>Play a board game</p>	 <p>Go for a jog</p>
 <p>Make a craft</p>	 <p>Have a paper airplane contest</p>	 <p>Take a warm shower or a relaxing bath</p>	 <p>Karaoke at home</p>	 <p>Draw a picture</p>
 <p>FaceTime a friend</p>	 <p>Do 10 push-ups</p>	 <p>Play hide-and-seek</p>	 <p>Make a healthy snack</p>	 <p>Complete a word search or crossword</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