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Organize a family vote on something, such as dinner.	Make a prayer thanking God for everything you have.	Go for a bike ride	Find a quiet corner or safe space outside and read a book.	Check the efficiency stickers on the backs of all your household appliances. Compare efficiencies and develop some strategies to conserve energy usage in your home.
Using supplies you have at home, do a physical and chemical experiment. Take a video of your experiment	Go for a walk someplace you find beautiful in Red Deer and reflect about all the ways you have an impact on that environment. Choose something you can do that will better the environment and do it!	Thank your family by making a meal for them.	Write a journal reflection about your experience with COVID	Watch a Canadian news program. Write down any examples of how the <b>Canadian Charter of Rights and Freedoms</b> is involved in the news of the day.
Play frisbee / catch outside or disc golf if you are near a course or make your own course	Go on a walk with a Rosary and pray the Rosary as you walk.	Create a how-to video on how to teach a skill. Share it with your friends!	Find a quiet spot outside and write about your surroundings in as much detail as possible. Describe everything you see, hear, smell and feel.	Go outside one evening and sit on your deck and observe the stars. Try and point out the constellations
Cook a dish from a different culture for your household! Whether that's breakfast, lunch, or dinner – do your best to make something tasty for everyone around you. Talk about the culture or place the recipe came from.	Be a Ninja and drop off a thank you note to a neighbour/family member/friend explaining why they are a blessing to you. (Practice Social Distancing)	Pick a skill in a sport and practice it daily	Write a letter to your future self reflecting on this past year and contemplating the year ahead. Save the letter to read to yourself when you graduate high school.	Dress up as your favourite literary character for the day. Create a video of that character living in your world.
Do a modified Aquathon: <ul style="list-style-type: none"> <li>• Run/Walk a Mile</li> <li>• Do another physical activity instead of swimming</li> <li>• Run/Walk a Mile</li> </ul>	De-stress - draw and color a picture	Think about what matters in the world today for you personally. Write a letter or email to your MLA or MP expressing your concerns.	Create a workout video. Share it with your friends!	Flip a coin 100 times and calculate the probability of heads or tails.

For this assignment you must choose one box from each of the letters. Follow all physical distancing guidelines