

Last Week of School BINGO!

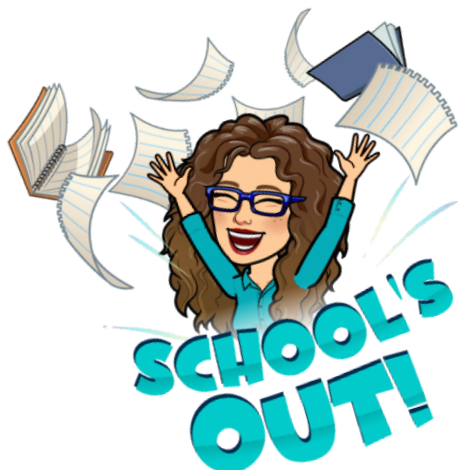
Directions: Complete one letter (column) a day.

B (Monday)	I (Tuesday)	N (Wednesday)	G (Thursday)	O (Friday)
<p>Measure your whole family in centimetres. Don't forget your pets!</p>	<p>Create a repeating pattern using objects in your home. Leave some spaces in the pattern blank, and challenge a family member to complete it. Make it as challenging as you want!</p>	<p>Pick your 3 favourite movies. Estimate how many hours it would take to watch all 3. Then search the actual movie lengths and add up the exact hours and minutes it would take to watch them all together.</p>	<p>Complete the Neighbourhood Scavenger Hunt (attached below)</p>	<p>The school year is almost over! Write a letter to your teacher and/or classmates, to tell them about your favourite moments this school year.</p>
<p>Put on some music (maybe your favourite song) and have a dance party! Invite your whole family to join you.</p>	<p>Think of one person in your life who is really helpful and kind. Draw them as a superhero. Show them your picture!</p>	<p>Read for 20 minutes (a book, on RazKids or on Epic!)</p>	<p>Write a make-believe adventure for the bug you found on Monday. It can be as crazy as you want!</p>	<p>Choose a short story to read out loud. Every time you read a verb (action word, such as jump), act out that verb!</p>
<p>Using any of the four operations (addition, subtraction, multiplication or division) and all of these numbers 1, 2, 5 and 8, how many different ways can you make any number between 1 and 20. For example: $8-2+5-1 = 10$</p>	<p>Do the "What's Your Name" workout with your first and last name (attached below)</p>	<p>FREE SPACE (Pick any activity you want to do and spend some time doing it)</p>	<p>Complete the "Roll-a-Landscape" activity (attached below)</p>	<p>Go for a walk or a bike ride with your family</p>

Go for a walk with family and look for bugs. Write a detailed description of one when you get home.	Drama time! Create your own play using emoji characters or based on your favourite story. Ask a family member to perform the play with you!	Allow your inner artist to shine! Take some time to draw and colour a picture of something that is important to you	Create a math ball toss game. In your hoops, and/or buckets (whatever you use as targets for the balls) put numbers and operations (+, -, x, ÷) throw the ball 3 times and solve the equation with the numbers and operation you land on.	Drawing game: Think of your favourite book character. With your eyes closed, draw the character. Ask a family member to guess who you drew. Then switch places!
Read a book to your pet or your stuffed animal for at least 20 minutes.	Tongue twister! Try to say this 10 times quickly: Pete was playing Prodigy but his pet puppy Percy preferred to play fetch. Can you write your own tongue twister?	Rock, paper, scissors...squat! Challenge a friend or family member (in person, or even virtually) to a game of rock, paper, scissors. Set a timer for 3 minutes. The person who wins each round squats down. When the 3 minutes is up, the person who is squatting is the winner!	Yoga is a fun practice that can help improve health and happiness! Look at the yoga poses attached below and try to learn 5 different yoga poses. Can you hold each pose for at least 1 minute?	Find out the meaning of your name. You can look it up online, ask your family about the name, or both!

Have Fun!

Miss Palsitt, Mrs. Day-Morris and Ms. Reynolds



NEIGHBORHOOD SCAVENGER HUNT

- Find a fire hydrant.
- Find a wreath on a door.
- Find a chalk drawing on the sidewalk.
- Find someone walking a dog.
- Find 2 birds.
- Find a white car.
- Find a mailbox.
- Find an ant.
- Find a flag.
- Find 3 fallen leaves.
- Find someone riding a bike.
- Find a gate.
- Find a stop sign.
- Find 2 different colored flowers.
- Find a trash can.



ROLL-A-LANDSCAPE

1st Turn Air/Sky						
2nd Turn Background						
3rd Turn Foreground						
4th Turn Trees						
5th Turn Flowers						
6th Turn Extras						

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

