

SUMMER ACTIVITY BINGO

How to play:

Once you have completed an activity, colour it in/stamp it.

You can achieve a line of 4 by going across/diagonal/horizontal.

A full house is achieved when all the squares are coloured in (BINGO)!

1 Collect sticks and make a stick person/ family with them	2 In 1 minute collect as many items as you can beginning with the letter S and C 	3 Go exploring outdoors with the family	4 Try a fruit you haven't had before 
5 Go for a bike ride/ scooter ride. Take a photo and tag us 	6 Try a vegetable you haven't had before	7 Balloon Keepie Uppies. Use any body part e.g hand/foot 	8 Collect items to make a nature picture e.g. leaves, flowers
9 Play a PhysiFun game with a family member or friend	10 Go for a walk and collect 5 different species of bugs/insects 	11 Eat 5 portions of fruit and veg in one day	12 Make up your own dance/ gymnastics routine 
13 Do 10 minutes of Yoga or Pilates 	14 Build a den with items from around the house	15 Collect stones and paint them 	16 Drink 6-8 cups of water in a day.

My favourite challenge was:

The most difficult challenge was:

Because.....

..... helped me with challenge number....

Three things I have learnt are:

1.....

2.....

3.....

Show us your photos! – Contact us at youngcarers@wakefield.gov.uk

We would love to see what you got up to on your adventures! Please take photos of your creations or teach us your dance moves in the next zoom group!!

HOW TO GET STARTED!

Useful Information

Below are some links to help you with some ideas and how to complete the different challenges!

1	https://www.countryfile.com/how-to/crafts/make-a-stick-family-using-natural-materials/
2	https://myvocabulary.com/word-list/household-items-vocabulary/
3	https://getoutside.ordnancesurvey.co.uk/filter/?activity=family-activities
4	http://www.greatgrubclub.com/a-z-fruit-veg
5	https://www.wakefield.gov.uk/sport-health-and-leisure/sport-and-activities/walking/story-trails
6	http://www.greatgrubclub.com/a-z-fruit-veg
7	Keep the balloon in the air for as long as possible using different body parts e.g. hand/foot/arm/head/elbow/leg
8	https://www.thecrafttrain.com/garden-nature-art/
9	Go to www.youtube.com and type in PhysiFUN—Head, Shoulders, Knees and Toys (9 games in total)
10	https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/
11	https://www.bybsurrey.org/resources-for-parents/food-nutrition
12	https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers/zm2gydm OR....Search for 'Dance with Oti' on youtube
13	https://www.youtube.com/user/CosmicKidsYoga
14	https://www.noaandnani.co.uk/den-building-ideas-for-the-best-dens-ever-i43#Indoors
15	https://empressofdirt.net/stone-painting/
16	https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/

