BINGOTHOME

B I N G O

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family Serve Up Community:
Serve a special holiday
celebration dish and learn
about what it means to
your community culturally

Family Game Night: Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Create a Masterpiece!
Use materials you find inside to create a piece of art as a family

Flower Power:

Learn to fold <u>origami</u>
<u>flowers</u> and create a paper
garden indoors

Mindful Sound:

Create a sound map of all the things you hear inside your home Cold, Warm, Hot:

Play an indoor <u>hide and</u> <u>seek game</u> with everyday objects Twinkling Trail: Go for a "holiday lights walk" around your neighborhood

View from My Window: Look outside your window and use your senses to be mindful of your environment

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it Speed Friending:

Use silly and speedy conversation starters to get to know a neighbor!

ERFE

Lend a Hand: Find a volunteer opportunity in your community

Over, Under, Through: Create an indoor obstacle course to stay active inside

Listen, Walk, and Talk! Explore a science career with The Walking Classroom podcast **Puzzling Pictures:**

Draw a picture and cut it into puzzle pieces for a family member or friend to solve Not a Box: Create an indoor play space using a cardboard box

Feel the Beat! Have an indoor dance party with your family

Practice Giving:
Sort your items and choose
some to gift in your local
Buy Nothing Group

Inside OUT!

Spend 15 minutes playing outside at least three times this week

A Long Winter's Nap:

Learn about an animal's winter hibernation patterns

Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5

different ways to use your herb once it's grown! **Running Through the**

Forest: Take an imaginary hike and visualize your adventure while staying indoors Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've seen in the sky





BING() AT H

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

Listen, Walk, and Talk! Explore a science career with The Walking **Classroom** podcast

Inside OUT! Spend 15 minutes playing outside at least three times this week

Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

Lend a Hand: Find a volunteer opportunity in your community

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play

Not a Box: Create an indoor play space using a cardboard box

Feel the Beat! Have an indoor dance party with your family

Running Through the Forest: Take an imaginary hike and visualize your adventure while staying indoors

Mindful Sound:

Create a sound map of all the things you hear inside your home

Puzzling Pictures:

Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Over, Under, Through: Create an indoor obstacle course to stay active inside

Create a Masterpiece! Use materials you find inside to create a piece of art as a family

Speed Friending:

Use silly and speedy conversation starters to get to know a neighbor! **Serve Up Community:**

Serve a special holiday celebration dish and learn about what it means to your community culturally **Family Game Night:**

Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've

seen in the sky

Practice Giving: Sort your items and choose some to gift in your local **Buy Nothing Group**

Flower Power:

Learn to fold origami flowers and create a paper garden indoors

A Long Winter's Nap:

Learn about an animal's winter hibernation patterns Cold. Warm. Hot:

Play an indoor hide and seek game with everyday objects

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood View from My Window:

Look outside your window and use your senses to be mindful of your environment



In partnership with

GENERATIOI

BINGUATH

Inside OUT!

Spend 15 minutes playing outside at least three times this week

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

Puzzling Pictures:

Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Not a Box: Create an indoor play space using a cardboard box

Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

A Long Winter's Nap:

Learn about an animal's winter hibernation patterns **Serve Up Community:**

Serve a special holiday celebration dish and learn about what it means to your community culturally

Lend a Hand: Find a volunteer opportunity in your community

Running Through the

Forest: Take an imaginary hike and visualize your adventure while staying indoors

Family Game Night:

Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Flower Power:

Learn to fold origami flowers and create a paper garden indoors

Listen, Walk, and Talk! Explore a science career with The Walking **Classroom** podcast

View from My Window: Look outside your window

and use your senses to be mindful of your environment

Practice Giving:

Sort your items and choose some to gift in your local **Buy Nothing Group**

Mindful Sound:

Create a sound map of all the things you hear inside vour home

Speed Friending:

Use silly and speedy conversation starters to get to know a neighbor!

Cold, Warm, Hot:

Play an indoor hide and seek game with everyday obiects

Create a Masterpiece!

Use materials you find inside to create a piece of art as a family

Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've

seen in the sky

Engineer It! Use found and recycled materials to

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood

Feel the Beat! Have an indoor dance party with your family

Over, Under, Through: Create an indoor obstacle course to stay active inside

create a Rube Goldberg machine with your family





BINGOTHOME

B I N G O

Not a Box: Create an indoor play space using a cardboard box

Flower Power:
Learn to fold origami
flowers and create a paper
garden indoors

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

Puzzling Pictures:
Draw a picture and cut
it into puzzle pieces for
a family member or friend
to solve

Feel the Beat! Have an indoor dance party with your family

Family Game Night: Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Create a Masterpiece!
Use materials you find inside to create a piece of art as a family

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play

A Long Winter's Nap: Learn about an animal's winter hibernation patterns Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood View from My Window: Look outside your window and use your senses to be mindful of your environment ERFE

Serve Up Community: Serve a special holiday celebration dish and learn about what it means to your community culturally

Lend a Hand: Find a volunteer opportunity in your community

Running Through the

Forest: Take an imaginary hike and visualize your adventure while staying indoors Mindful Sound:
Create a sound map
of all the things you hear
inside your home

Listen, Walk, and Talk!
Explore a science career
with The Walking
Classroom podcast

Cold, Warm, Hot:
Play an indoor <u>hide and</u>
seek game with everyday
objects

Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've seen in the sky

Over, Under, Through:

Create an indoor obstacle course to stay active inside

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it Inside OUT!

Spend 15 minutes playing outside at least three times this week

Speed Friending:

Use silly and speedy conversation starters to get to know a neighbor!

Practice Giving:

Sort your items and choose some to gift in your local **Buy Nothing Group**



In partnership with

ALLIANCE FOR A HEALTHIER
GENERATION

BINGLATH

Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

Cold. Warm. Hot: Play an indoor hide and seek game with everyday objects

Mindful Sound: Create a sound map of all the things you hear inside your home

Feel the Beat! Have an indoor dance party with your family

Puzzling Pictures: Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood

Serve Up Community: Serve a special holiday celebration dish and learn about what it means to your community culturally

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play

Practice Giving: Sort your items and choose some to gift in your local **Buy Nothing Group**

Not a Box: Create an indoor play space using a cardboard box

Flower Power: Learn to fold **origami** flowers and create a paper garden indoors

Create a Masterpiece! Use materials you find inside to create a piece of art as a family

Over, Under, Through: Create an indoor obstacle course to stay active inside

Family Game Night: Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Inside OUT! Spend 15 minutes playing outside at least three times this week

A Long Winter's Nap: Learn about an animal's winter hibernation patterns

Listen, Walk, and Talk! Explore a science career with The Walking **Classroom** podcast

View from My Window: Look outside your window and use your senses to be mindful of your environment

Lend a Hand: Find a volunteer opportunity in your community

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

Speed Friending: Use silly and speedy conversation starters to get to know a neighbor!

Running Through the Forest: Take an imaginary hike and visualize your adventure while staying indoors

Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've seen in the sky



In partnership with

GENERATIO

SING AT H

Family Game Night:

Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Create a Masterpiece! Use materials you find

inside to create a piece of art as a family

A Long Winter's Nap:

Learn about an animal's winter hibernation patterns

Inside OUT!

Spend 15 minutes playing outside at least three times this week

There's a New Game in

Town: Make up a new game with a neighbor and invite someone to play

Garden Grower: Plant

an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

Twinkling Trail: Go for

a "holiday lights walk" around your neighborhood

Mindful Sound:

Create a sound map of all the things you hear inside your home

Speed Friending:

Use silly and speedy conversation starters to get to know a neighbor!

Cold, Warm, Hot:

Play an indoor hide and seek game with everyday objects

Feel the Beat! Have an indoor dance party with your family

Over, Under, Through: Create an indoor obstacle course to stay active inside

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

Running Through the

Forest: Take an imaginary hike and visualize your adventure while staying indoors

Lend a Hand: Find a volunteer opportunity in vour community

Practice Giving: Sort your items and choose some to gift in your local **Buy Nothing Group**

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

Serve Up Community: Serve a special holiday

celebration dish and learn about what it means to your community culturally

Puzzling Pictures:

Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Not a Box: Create an indoor play space using a cardboard box

Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've seen in the sky

Flower Power:

Learn to fold origami flowers and create a paper garden indoors

View from My Window:

Look outside your window and use your senses to be mindful of your environment

Listen, Walk, and Talk!

Explore a science career with **The Walking** Classroom podcast



GENERATION

BING AT

Lend a Hand: Find a volunteer opportunity in your community

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood

Inside OUT! Spend 15 minutes playing outside at least three times this week

A Long Winter's Nap: Learn about an animal's winter hibernation patterns

Cold, Warm, Hot: Play an indoor hide and seek game with everyday objects

Running Through the

Forest: Take an imaginary hike and visualize your adventure while staying indoors

View from My Window:

Look outside your window and use your senses to be mindful of your environment

Puzzling Pictures:

Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Flower Power:

Learn to fold origami flowers and create a paper garden indoors

Serve Up Community:

Serve a special holiday celebration dish and learn about what it means to your community culturally

Not a Box: Create an indoor play space using a cardboard box

Feel the Beat! Have an indoor dance party with your family

Mindful Sound:

Create a sound map of all the things you hear inside your home

Listen, Walk, and Talk! Explore a science career

with The Walking **Classroom** podcast

Garden Grower: Plant an indoor herb to use in

the kitchen. Try to find 5 different ways to use your herb once it's grown!

Family Game Night:

Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Practice Giving:

Sort your items and choose some to gift in your local **Buy Nothing Group**

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

Speed Friending: Use silly and speedy

conversation starters to get to know a neighbor!

Create a Masterpiece!

Use materials you find inside to create a piece of art as a family

Over, Under, Through:

Create an indoor obstacle course to stay active inside

Star Stories: Set up an imaginary campsite and tell a story about the most

incredible thing you've seen in the sky

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play





GENERATIO

BING AT

Running Through the Forest: Take an imaginary hike and visualize your adventure while staying

indoors

Family Game Night: Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Feel the Beat! Have an indoor dance party with your family

Speed Friending: Use silly and speedy conversation starters to get to know a neighbor!

Over, Under, Through: Create an indoor obstacle course to stay active inside

Create a Masterpiece!

Use materials you find inside to create a piece of art as a family

Not a Box: Create an indoor play space using a cardboard box

Lend a Hand: Find a volunteer opportunity in your community

Mindful Sound: Create a sound map of all the things you hear inside your home

Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've seen in the sky

Garden Grower: Plant

an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

View from My Window: Look outside your window and use your senses to be mindful of your environment

Flower Power: Learn to fold origami flowers and create a paper garden indoors

Practice Giving: Sort your items and choose some to gift in your local **Buy Nothing Group**

Puzzling Pictures:

Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Serve Up Community:

Serve a special holiday celebration dish and learn about what it means to your community culturally Inside OUT!

Spend 15 minutes playing outside at least three times this week

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

A Long Winter's Nap: Learn about an animal's winter hibernation patterns

Cold, Warm, Hot:

Play an indoor hide and objects

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood

Listen, Walk, and Talk! Explore a science career with The Walking **Classroom** podcast

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

seek game with everyday



SING AT H

Speed Friending:

Use silly and speedy conversation starters to get to know a neighbor!

Cold. Warm. Hot:

Play an indoor hide and seek game with everyday objects

Family Game Night:

Enjoy an evening filled with family-fun games. Need an idea? Play animal charades!

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

Inside OUT!

Spend 15 minutes playing outside at least three times this week

Practice Giving:

Sort your items and choose some to gift in your local **Buy Nothing Group**

Not a Box: Create an indoor play space using a cardboard box

Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood

Serve Up Community:

Serve a special holiday celebration dish and learn about what it means to your community culturally

Feel the Beat! Have an

indoor dance party with your family

Lend a Hand: Find a volunteer opportunity in your community

Create a Masterpiece! Use materials you find inside to create a piece of art as a family

A Long Winter's Nap:

Learn about an animal's winter hibernation patterns

Over, Under, Through:

Create an indoor obstacle course to stay active inside

Running Through the

Forest: Take an imaginary hike and visualize your adventure while staving indoors

There's a New Game in

Town: Make up a new game with a neighbor and invite someone to play

Mindful Sound:

Create a sound map of all the things you hear inside your home

Listen, Walk, and Talk! Explore a science career

with The Walking Classroom podcast

View from My Window:

Look outside your window and use your senses to be mindful of your environment

Puzzling Pictures:

Draw a picture and cut it into puzzle pieces for a family member or friend to solve

Star Stories: Set up an imaginary campsite and tell a story about the most

incredible thing you've seen in the sky

Flower Power:

Learn to fold **origami** flowers and create a paper garden indoors





BINGOTHOME

B I N G O

Engineer It! Use found and recycled materials to create a Rube Goldberg machine with your family

Serve Up Community: Serve a special holiday celebration dish and learn about what it means to your community culturally **Puzzling Pictures:**Draw a picture and cut it into puzzle pieces for a family member or friend

to solve

Running Through the
Forest: Take an imaginary
hike and visualize your
adventure while staying
indoors

Flower Power:
Learn to fold <u>origami</u>
flowers and create a paper
garden indoors

Cold, Warm, Hot:
Play an indoor hide and
seek game with everyday
objects

Not a Box: Create an indoor play space using a cardboard box

Family Game Night: Enjoy an evening filled with family-fun games. Need an idea? Play animal charades! Star Stories: Set up an imaginary campsite and tell a story about the most incredible thing you've seen in the sky

Mindful Sound: Create a sound map of all the things you hear inside your home

Create a Masterpiece!
Use materials you find inside to create a piece of art as a family

Listen, Walk, and Talk!
Explore a science career
with The Walking
Classroom podcast

EKEE

Practice Giving:
Sort your items and choose
some to gift in your local
Buy Nothing Group

Winter Writing: Imagine a wintery day and write a nature-inspired haiku about it

View from My Window: Look outside your window and use your senses to be mindful of your environment

Feel the Beat! Have an indoor dance party with your family

There's a New Game in Town: Make up a new game with a neighbor and invite someone to play

Over, Under, Through: Create an indoor obstacle course to stay active inside A Long Winter's Nap: Learn about an animal's winter hibernation patterns

Speed Friending: Use silly and speedy conversation starters to get to know a neighbor!

Lend a Hand: Find a volunteer opportunity in your community

Garden Grower: Plant an indoor herb to use in the kitchen. Try to find 5 different ways to use your herb once it's grown!

Twinkling Trail: Go for a "holiday lights walk" around your neighborhood Inside OUT!
Spend 15 minutes
playing outside at least
three times this week



In partnership with

ALLIANCE FOR A HEALTHIER
GENERATION