

# Family Time **BINGO**

Our Wellbeing Champions have introduced this Health and Wellbeing 'Family time challenge' to the children today.

Can you complete 10 or more of the activities below before the end of January? You might be able to rope in Grandparents, uncles, aunts and cousins over the holidays!

Date the boxes alongside the activities you complete and return the bingo sheet to your class teacher. Some are trickier than others! Let's see how many families can take part!

**GO FOR A NIGHT  
TIME WALK AND  
LOOK AT THE  
STARS**

**HAVE A MOVIE  
NIGHT!**

**GET FIT  
TOGETHER! (A  
BIKE RIDE, GAME  
OF FOOTBALL,  
SWIMMING, ETC.)**

**BAKE YOUR  
FAVOURITE  
BISCUITS OR  
CAKE!**

**PLAY A BOARD  
GAME**

**VISIT THE  
BEACH AND  
COLLECT SOME  
BEACH  
TREASURE!**

**DO A JIGSAW  
TOGETHER**

**GO ON A  
NATURE WALK**

**COLOUR IN A  
PICTURE OR  
CREATE A PIECE  
OF ART**

**GROWN YOUR  
OWN  
VEGETABLES/  
HERBS/  
FLOWERS**

**GET COSY  
TOGETHER AND  
READ**

**LOOK AFTER  
THE BIRDS (E.G.  
FEED THE  
DUCKS, MAKE A  
BIRD FEEDER)**

**MAKE A DEN  
AND SHARE A  
STORY IN IT**

**CREATE A  
RECIPE CARD TO  
SHARE YOUR  
FAVOURITE  
MEAL**

**MAKE A BOOK  
MARK**

**MAKE AND EAT  
A FAMILY MEAL  
TOGETHER**

Name: ..... Year: .....