

CES FAMILY BINGO BOARD

MUSIC  Watch a musical with your family!	STEM Complete a task in Kinetic City  kineticcity.com	HEALTH  Challenge each other to a fitness test. How many push ups and sit ups can you do?	MINDFULNESS  Talk about your day with each other. What did you like? What would you do differently?	ART Create art with nature (use leaves, rocks, etc) and take a picture of it. 
 HEALTH Do a Harry Potter themed workout! https://tinyurl.com/HPHIIT	 ART Take a virtual tour of an art museum	MINDFULNESS Spend 5 minutes in silence and focus  on your breathing. How do you feel?	MUSIC Write new words to your favorite song. 	STEM Bake something together! 
ART Choose one "How to Draw" video on YouTube and follow along 	 MUSIC Make drums out of household items and play along to your favorite songs	FREE SPACE		MINDFULNESS  Take pictures of things that make you feel happy and calm. Put them into an album so you can look at them whenever you want.
 MINDFULNESS Color your emotions with each other. Use different colors for each feeling and be creative!	HEALTH Crank up the music and have a dance party! 			 MUSIC Play Name that Tune or Musical Chairs
STEM Spend 1 hour coding with family on hourofcode.com 	MINDFULNESS  Try Cosmic Kids Yoga https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ	MUSIC Listen to Vivaldi's "Spring" and draw a picture to show how it makes you feel 	 ART Draw a picture only using lines and shapes (heart, square, circle, etc)	 HEALTH Do an Avengers workout! https://tinyurl.com?EndgameHIIT

CES Families: This Bingo card of music, art, mindfulness, STEM, and health activities is for you to complete together as a family during this unexpected break. Bonus: If you complete the entire board, print this page out, have a parent sign it, and earn a special reward!