

# CES FAMILY BINGO BOARD

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

**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!