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| B | I | N | G | O |
| 1 | 6 | 11 | 16 | 21 |
| 2 | 7 | 12 | 17 | 22 |
| 3 | 8 | 13 | 18 | 23 |
| 4 | 9 | 14 | 19 | 24 |
| 5 | 10 | 15 | 20 | 25 |

Basic Instructions for this Choice Board:

You are to choose ONE activity from each column to complete throughout the week of March 30-April 3. You will complete the reflection/evidence sheet and submit ALL evidence at the end of the week.

Detailed directions for each number are listed below. You are NOT required to make a BINGO, only to choose a minimum of 5 activities to complete this week. Of course you can ALWAYS choose more!

**1**-Practice Some Self Care – choose 30 minutes of an activity that is screen free! Some examples include yoga, coloring, meditation/quiet time, Sudoku, word searches (submit photo as evidence)

**2**-What’s in Your Food? — Pick a food label in your house and choose 3 ingredients you don’t know; search to find out what they are and explain its purpose in the food (flavoring, conditioning, color, etc.)

**3**-Word Work— Choose any food of your choice, loved or despised, and write a poem or song about it!

**4**-Family Time Capsule—Collect 5 items that represent your family; take a picture or include images of the items & explain why you chose each item (what does it mean or represent to you/your family)

**5**-Pick a Room in Your House to Childproof—State which room you chose, explain and describe five modifications you would apply to that room

**6**-Random act of kindness! – Find something you can do for a family member that would make their day easier, for example empty the dishwasher without being asked.

**7**-Read – Choose to read to self (30 min) or aloud to another family member (10 min)

**8**-Learn Something – Watch an episode of Babies on Netflix and write a paragraph (min 5 sentences) about what you learned.

**9**-Be an Artist – Draw yourself according to what you ate yesterday (submit photo)—don’t forget to color!

**10**-30 minutes of exercise (submit photo)

**11**-Set the table for a family meal (submit photo)

**12**-Complete a virtual field trip— visit one of the many sites such as those found here <https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic> and write a paragraph min 5 sentences describing what your experience was like.

**13**-Family Time - Play a game, go for a walk, karaoke, etc.

**14**-Get in the Kitchen! – Help make a meal or make it yourself! (Write a paragraph explaining how and what you made as well as photos of the outcome)

**15**-Laundry Day – Sort the clothes before washing/drying THEN also fold/hang and put away when finished! (submit before and after photos)

**16**-Virtual Vacation—pick a vacation destination and plan your wardrobe! You only get the size of a backpack—list all the clothing/personal items you will need!

**17**-Feed Your Family – You’re in charge of dinner for the next 4 days. List what you’ll be eating (don’t forget drinks!) for each night and create a matching grocery list.

**18**-Cleaning Challenge – Clean your bedroom or a bathroom—submit before and after photos!

**19**-Reach Out – Call, don’t text, and chat with a family member or friend in a different city or state.

**20**-Craft time! – Have fun and complete a craft of your choice—submit a photo!

**21**-Watch an episode of MCJ or Rotten on Netflix (write a paragraph, min 5 sentences, of what you watched/learned)

**22**-What Do You Need? – You’re in charge of two pre-school (4-5 years old) kids + the family dog from 4-9 pm (includes dinner and bedtime); list three different dinner options; list 5 possible entertainment/activity ideas; list 7 pieces of information you’d need from the parents before they leave for the evening (meds, first aid, etc.)

**23**-New Money - You’re have been chose to design the front of the NEW $3 bill! Write a paragraph about who you would put on the bill and why. Draw and color your chosen design. (upload photo/written submission)

**24**-School Lunch Menu – Create a NEW school lunch menu for 5 days—the dairy option will not change; come up with a protein, vegetable, fruit, and whole grain! (Pizza will not be an option)

**25**-YouTube It – Find and watch a video making a food you’ve always wanted to try–in your response you will need to include the link to the video (Tasty, YouTube, etc.); rate it’s difficulty level (1=easy 5=difficult) and write a paragraph about whether or not you’d actually make and/or eat that food and why.