

Family and Consumer Sciences—— Choice Boards!

B	I	N	G	O
<u>Food Related Activities</u>	<u>Inside Activities</u>	<u>Outside Activities</u>	<u>Family Related</u>	<u>Community Related</u>
Go online and find a smoothie recipe- make it for yourself or your whole family.	Vacuum the floor-going in at least three different directions.	Mow the lawn- be careful!!	Make an inspiring quote and hang it around the house.	Write a letter to an elderly relative or friend. Send it in the mail- Address the envelope correctly.
Make a healthy snack for a younger sibling- Have them cook with you!	Do a load of laundry- Wash- Dry- Fold and Put away.	Sweep the walk way to your house, deck or sidewalk. Make sure the pile of dirt goes into the yard waste.	Make a list of all the things you love and appreciate about your family members. Type it up and give them the list.	Call an elderly friend or family member on the phone. Have a list of ideas to talk about.
Make a batch of cookies! Bake half the batch today and freeze the other half to bake and enjoy another day.	Organize your closet, linen closet or pantry. Take a before and after picture!	Weed a flower bed, plant flowers in a pot, or help do yard work.	Plan a family game night- select the day, time, games you will plan and snacks you will need.	Call or leave notes for your neighbors, checking on them and seeing if they need help with anything.
Help plan and make a dinner one night for your family.	Mop the floor and wash windows! If you have a safe place to stand you can wash the outside windows.	Create an outside game you can play with your family and younger siblings.	Make a collage of all the things that make you happy. Share it with your family. Hang it up for everyone to enjoy.	Make cookies or a loaf of bread for a neighbor, wrap it up and leave it on their door step! Ring their doorbell and run and hide.
Help plan the meals for the week- make a calendar and shopping list of need items. Check your cupboards for items you already have.	Sew on a button or mend a piece of clothing.	Using sidewalk chalk draw pictures on your sidewalk or drive way!	Read a story to your younger siblings or pet!	Donate food items to the food bank.
Have a family cook night— where everyone contributes to the meal! Younger siblings can help set the table!	Clean your room or a living space- make your bed, dust off furniture, vacuum.	Go for a walk with your family. Try and name plants and trees as you go. Wave to neighbors!	Draw, paint or do an art project with younger siblings or family members.	Check all the storm drains in your neighborhood- make sure they are swept clean of leaves and branches.