

Daily bingo challenge ideas.

Many of these do cross over so you could cheat and count it as two or you could challenge yourself to do something different for each box.



Help to be independent

- Make your own choices.
- Think for yourself.
- Have a go.
- Think of an activity you can carry out.
- Help to get dressed.
- Manage your own time – making sure you can fit in all your daily activities.
- Be responsible for your choices and actions.
- Use your manners and be kind to others.



Be creative

- Paint
- Colour
- Collage
- Craft
- Build
- Dance
- Listen to music
- Play music
- Sing
- Read a story
- Create a story/poem
- Create or watch a play
- Watch a show – www.londontheatre.co.uk has links to 5 theatres streaming performances
- Cirque du soleil have released 60 min you tube videos of their performances, these performances are live every Friday at 8pm on Cirque Connect.



Get some fresh air

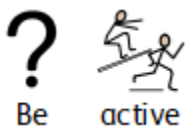
– all where is safe and possible to do so following guidelines and social distancing

- Open a window/door
- Look out of the window and watch – what do you see?
- Go in the garden
- Go out for a walk
- Play outside



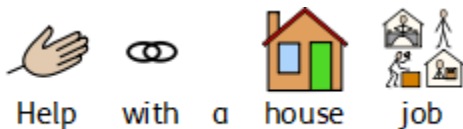
Read or listen

- Read a book
- Create a story from pictures
- Read with your family
- Read on the internet
- Listen to someone reading – lots of people are reading on the internet – David Walliams
- is giving away free audio books every day at 11am. www.worldofdavidwalliams.com/elenvensies
- Carry out a book scavenger hunt (I'll send the challenge)
- Look on your local library website many are doing activities. Staffordshire libraries are doing daily story time at 3pm
- Oxford owl website is free to join and has many e-books
- Create a comic to read
- Read a magazine or paper
- Listen to an audio book



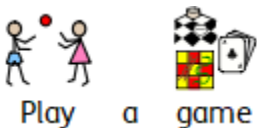
Be active

- Physio exercises
- Change your body position
- Dance
- Exercise
- Play a sports game



Help with a house job

- Help to get dressed
- Help to make your bed
- Tidy your room
- Help with the dishwasher
- Sort out the washing
- Pair the socks
- Make some artwork to brighten a wall (parental permission)
- Put away your things
- Help with food preparation
- Help with washing up
- Pot a plant
- Look after the garden
- Help fix something
- Help a sibling or family member with work
- Be kind to people in the house



Play a game

- Board game
- Card game
- I spy
- Sports game
- Active game
- Make a game
- Role play
- This list is endless. Definition of game; an activity that one engages in for fun.



Relax

- Stretch
- Breathe
- Yoga
- Be quiet, stop
- Listen to music
- Be in a comfortable position
- Mindfulness



Communicate with others

- following current guidelines and social distancing

- Talk, sign, VOCA, IPAD
- Write a letter
- Email
- Text
- Draw someone a picture
- Smile
- Hug – healthy people in your own household
- Zoom, face time, whats app video chat
- Social media – with parental guidance and only with people you know remember your e safety



Technology time

I know technology is important to us and many of us are using it more than ever at the moment but it really is important to look up or away from your screen and to connect with people around you and stay involved in the real world. Give yourself a time limit and try to stick to it.



Smile

Hopefully doing some of these challenges will help but remember smile and be happy, healthy and safe!





Learning time

You would not believe how much you will be learning if you carry out all your daily activities but in addition to this complete a learning-based task. This may be sent to you from school or from a website or app you are using or a task your family have set you. I will send out separate learning tasks with a literacy and numeracy focus. I will also be sending out a list of links and apps that may be useful. There are many live streaming education groups now, many can be found on social media.