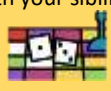


# Spalding High School's Screen Free Bingo Challenge!!

<p><b>Bake!</b> Put your bake off skills to the test by trying a new recipe and testing it on your family</p>	<p>Do some colouring – adult colouring book, paint by numbers, doodle</p>	<p><b>Play a card game.</b> Teach someone how to play a card game or get them to teach you</p>	<p>Do you have a <b>musical instrument</b> sat gathering dust? Not played since Year 5? Provide your family with an impromptu concert</p>	<p><b>De clutter</b> your bedroom and redesign your living space. Sit back and <b>RELAX!</b></p>
<p>Sit somewhere quietly and get watching for the birds that frequent your garden.</p>	<p>Draw up a family tree. How many generations of grandparents can you go back to?</p>	<p>Dig out some <b>old photos</b>.... Not on your phone, but actual printed photos... you're all of the age where they existed once!</p>	<p>Contact a friend or relative you haven't seen for a while. Speak to them, <b>DON'T</b> text!</p>	<p>Listen to your favourite <b>music</b> – on a speaker.... ditch the headphones</p>
<p> <b>Dance</b> around your kitchen like nobody's watching</p>	<p><b>WRITE</b> a card or letter to someone who has helped you since this lockdown started and post it to them.</p>	<p><b>READ</b> -a book, a newspaper, childhood favourite story, magazine... let it whisk you away into another world....</p>	<p><b>NATURE WALK</b> in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.</p>	<p><b>Jigsaw puzzles</b> Will you complete? 500? 1000? It's the new <b>lockdown</b> go to and surprisingly relaxing!</p>
<p><b>Keepy Uppy!</b> How long can you go for? Already the Queen of Keepy Uppy? Try using a tennis ball instead</p>	<p>Write a <b>DIARY ENTRY</b> of what you are up to in lockdown and place it somewhere safe to read in a year's time.</p>	<p>Play a <b>board game</b> with your siblings </p>	<p>Make life easier for someone else in your home. Make the lunch or perhaps just offer a cuppa!</p>	<p> <b>Ride your bike</b></p>
<p>Go for a <b>WALK</b>. Push yourself, <b>STRIDE</b> out and blast those cobwebs away!</p>	<p><b>Pamper your pet!</b> Groom, walk, play ball. You and your pet will benefit!</p>	<p><b>Talk to your parents</b> about what it was like being a teenager in the <b>1980s</b> or <b>1990s</b>? What music did they listen to?</p>	<p>Learn a new skill which <b>DOESN'T</b> require a YouTube video for instruction</p>	<p>Make yourself a healthy breakfast and enjoy having time to eat it.</p>

**Can you do it?** Get members of your household to sign off each challenge you complete.

Get 2 lines and email your completed sheet and some pictures to your head of year for a chance to win a prize.