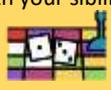


Spalding High School's Screen Free Bingo Challenge!!

<p>Bake! 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>Play a card game. Teach someone how to play a card game or get them to teach you</p>	<p>Do you have a musical instrument sat gathering dust? Not played since Year 5? Provide your family with an impromptu concert</p>	<p>De clutter your bedroom and redesign your living space. Sit back and RELAX!</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 old photos.... 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, DON'T text!</p>	<p>Listen to your favourite music – on a speaker.... ditch the headphones</p>
<p> Dance around your kitchen like nobody's watching</p>	<p>WRITE a card or letter to someone who has helped you since this lockdown started and post it to them.</p>	<p>READ -a book, a newspaper, childhood favourite story, magazine... let it whisk you away into another world....</p>	<p>NATURE WALK in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.</p>	<p>Jigsaw puzzles Will you complete? 500? 1000? It's the new lockdown go to and surprisingly relaxing!</p>
<p>Keepy Uppy! How long can you go for? Already the Queen of Keepy Uppy? Try using a tennis ball instead</p>	<p>Write a DIARY ENTRY of what you are up to in lockdown and place it somewhere safe to read in a year's time.</p>	<p>Play a board game 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> Ride your bike</p>
<p>Go for a WALK. Push yourself, STRIDE out and blast those cobwebs away!</p>	<p>Pamper your pet! Groom, walk, play ball. You and your pet will benefit!</p>	<p>Talk to your parents about what it was like being a teenager in the 1980s or 1990s? What music did they listen to?</p>	<p>Learn a new skill which DOESN'T 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.