

# Active Surrey Summer Bingo

<p>1 Collect sticks and make a stick person/ family with them</p>	<p>2 In 1 minute collect as many items as you can beginning with the letter S and C </p>	<p>3 Go exploring outdoors with the family</p>	<p>4 Try a fruit you haven't had before </p>
<p>5 Go for a bike ride/ scooter ride. Take a photo and tag us </p>	<p>6 Try a vegetable you haven't had before</p>	<p>7 Balloon Keepie Uppies. Use any body part e.g hand/foot </p>	<p>8 Collect items to make a nature picture e.g. leaves, flowers</p>
<p>9 Play a PhysiFun game with a family member or friend</p>	<p>10 Go for a walk and collect 5 different species of bugs/insects </p>	<p>11 Eat 5 portions of fruit and veg in one day</p>	<p>12 Make up your own dance/ gymnastics routine </p>
<p>13 Do 10 minutes of Yoga or Pilates </p>	<p>14 Build a den with items from around the house</p>	<p>15 Collect stones and paint them </p>	<p>16 Drink 6-8 cups of water in a day.</p>

## How to play:

Once you have completed an activity, colour it in/stamp it.

You can achieve a line of 4 by going across/diagonal/ horizontal.

A full house is achieved when all the squares are coloured in (BINGO)!

Once completed take a photo and tag us on social media using the #SurreySummerBingo



@activesurrey

# Useful Information

Number	Information/Link
1	<a href="https://www.countryfile.com/how-to/crafts/make-a-stick-family-using-natural-materials/">https://www.countryfile.com/how-to/crafts/make-a-stick-family-using-natural-materials/</a>
2	<a href="https://myvocabulary.com/word-list/household-items-vocabulary/">https://myvocabulary.com/word-list/household-items-vocabulary/</a>
3	<a href="https://getoutside.ordnancesurvey.co.uk/filter/?activity=family-activities">https://getoutside.ordnancesurvey.co.uk/filter/?activity=family-activities</a>
4	<a href="http://www.greatgrubclub.com/a-z-fruit-veg">http://www.greatgrubclub.com/a-z-fruit-veg</a>
5	<a href="https://www.walkandcycle.co.uk/surreytrails">https://www.walkandcycle.co.uk/surreytrails</a>
6	<a href="http://www.greatgrubclub.com/a-z-fruit-veg">http://www.greatgrubclub.com/a-z-fruit-veg</a>
7	Keep the balloon in the air for as long as possible using different body parts e.g. hand/foot/arm/head/elbow/leg
8	<a href="https://www.thecrafttrain.com/garden-nature-art/">https://www.thecrafttrain.com/garden-nature-art/</a>
9	Go to <a href="http://www.youtube.com">www.youtube.com</a> and type in PhysiFUN—Head, Shoulders, Knees and Toys (9 games in total)
10	<a href="https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/">https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/</a>
11	<a href="https://www.bybsurrey.org/resources-for-parents/food-nutrition">https://www.bybsurrey.org/resources-for-parents/food-nutrition</a>
12	<a href="http://www.udoitdance.com/resources.html">http://www.udoitdance.com/resources.html</a>
13	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
14	<a href="https://www.noaandnani.co.uk/den-building-ideas-for-the-best-dens-ever-i43#Indoors">https://www.noaandnani.co.uk/den-building-ideas-for-the-best-dens-ever-i43#Indoors</a>
15	<a href="https://empressofdirt.net/stone-painting/">https://empressofdirt.net/stone-painting/</a>
16	<a href="https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/">https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/</a>