BINGO BOARD

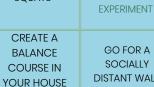
WEEK #1 AND #2

Earn a bingo to enter our drawing for gift cards from local businesses! Drawings will happen every 2 weeks.



WITH A FAMILY

MEMBER



GO FOR A SOCIALLY **DISTANT WALK** OR HIKE OUTSIDE

COMPLETE THE

"BREAK IT

DOWN"

DEFINE WHAT

"CANDLING" IS

AND PRACTICE

IT ON AN EGG

USE A ROLLED

UP SOCK TO

PLAY THE BALL

PASS GAME OF

FOOD GROUPS

SEARCH FOR SEEDS - FIND A SEED INSIDE YOUR PANTRY & ONE ON A PLANT OUTSIDE

VISIT

FOODHERO.ORG.

FIND. PRINT AND

COLOR A

COLORING PAGE

FEATURING EGGS

FREE

MAKE A FOOD

HERO APPLE

SANDWICH

"WHAT IS A SEED?" LESSON & MAKE SEED TAPE

CREATE A

BALANCE

COURSE IN YOUR

YARD/DRIVE WITH

A FAMILY MEMBER

OPEN A RAW EGG

AND NAME THE

BE A KITCHEN

HELPER - WIPE THE

COUNTERS CLEAN

BEFORE STARTING

TO PREPARE FOOD

COMPLETE THE

HAVE A DANCE

OFF TO YOUR

FAVORITE SONG

WRITE A

HANDWASHING

THEMED LYRICS TO

A SIMPLE SONG

SUCH AS ROW,

ROW, YOUR BOAT

THAN 10

FIND A **DECOMPOSER** IN YOUR **GARDEN OR** YARD

Oregon State University

Visit our webpage for registration and activity guides. Questions? Email janice.schooler@oregonstate.edu or call 541-883-4582.



disability should be made to patty.case@oregonstate.edu

HOW DO I EARN PRIZES?

Oregon State University

BINGO INSTRUCTIONS:

- 1. Every 2 weeks throughout this program, we will post a new bingo board. Download and save this file as a PDF.
- 2. Open the PDF in a program that allows you to use a digital pen or add shapes. Programs such as Edge or Adobe Acrobat (PC), DocHub-PDF Sign and Edit (Chromebook), or Viewer (Mac) all have this feature.
- 3. As you complete activities, you should digitally mark the specific tile with an "X" or check mark. Activities in orange text corresponds to the Art Contest, green text corresponds to exercises from the Grow it, Cook it, Like it! program, and black text corresponds to the Wellness Activities. Visit our webpage for registration and activity guides.
- 4. At the end of the two weeks, email your board to janice.schooler@oregonstate.edu and the name of the registered student if you have bingo. For each bingo you have, you will be entered in a drawing for a gift card to a local business. Drawings will happen every 2 weeks.