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| --- | --- | --- | --- | --- |
| H | A | B | I | T |
| SOUL: Go on a nature bird walk or bird watching as a family. | BRAIN: In your journal, list what you do to strengthen your mind. | HEART: Make a simple but special gift for your family members. | SOUL: Listen to music that has meaning and relax as a family. | HEART: In your journal, list what make you happy. |
| HEART: Pick a number 1-10 and give that many hugs to your family today. | BRAIN: Learn something new as a family. | BODY: In your journal, list what you do to keep yourself healthy. | BRAIN: Watch a learning channel like Discovery Channel together. | BRAIN: Pick a Family Book Club book. Take turns reading a page or chapter each night. |
| BODY: Take a walk or run as a family. | BRAIN: Visit a local museum or science center. | **FREE**  **SPACE** | SOUL: Visit the beach and build a sandcastle together. | SOUL: Walk or drive to a nearby lake and go fishing as a family. |
| HEART: Have a “craft night” as a family. Hang them up or give them away. | SOUL: In your journal, list what you do to make yourself a better person. | HEART: Plan a parent-child date. Talk about what makes you happy. | HEART: Video Chat or just call a family member that lives in another city or state. Smile a lot. | BODY: Plan one healthy meal each week as a as a family. |
| BRAIN: Work on a crossword puzzle or word search as a family. | BODY: Read a joke book together and laugh, laugh, laugh out loud. | SOUL: Garden or even pick weeds as a family. | BODY: Take turns giving family shoulder or back massages. | BODY: Ride bikes together after dinner. |

**FAMILIES, COMPLETE 2 BINGOS BY MAY 23RD TO RECEIVE YOUR CHARM.**

**MAKE SURE YOU SCAN THE QR CODE TO POST PICTURES ON OUR FACEBOOK GROUP PAGE!!**

**“HABIT HOMEWORK BINGO NCES 2024-2025.”**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_