

Make a Zoom or FaceTime call to a friend and read them a chapter from your favorite story.	Math Games- Play dominoes or UNO with someone at home.	Make Oobleck! Research a recipe online.	Write and describe traditions your family enjoys during Easter, May 24 or Cupmatch. *Minimum of 1 page with paragraphs.	Create a song, Tik-Tok dance or rap about Staying Safe during COVID-19.
Build a reading fort somewhere in your house. Use a flashlight to escape and read some great books.	Let's cook! With the help of an adult- Follow a recipe and make a tasty dessert.	Take a nature walk within 1km of your house with an adult. How many endemic plants can you identify?	Build a fort in your yard. Get an adult to help. Challenge- Design a blue print before building to plan the design and materials.	Hide 5 objects around your house. Create a scavenger hunt for a family member to find them.
Read a newspaper article to a family member and discuss your thoughts.	Geometry (Draw): Create city using lines, line segments and polygons. Label all the roads, houses, and buildings.		Draw a map of your neighborhood. Label, color and identify important places in your neighborhood.	Cloud Watching: Lay in the grass with a family member and see what cloud shapes you can spot. Let your imagination run wild!
Grocery Shopping: Assist with writing the grocery list for the week. * Challenge- Make the list a checklist for easy shopping on your day.	Using a table- create a schedule of activities for the day. Include: - Date - Time intervals - Activity Feel free to decorate your schedule when finished.	Planting Kidney Beans! Wet paper towel and put it in a ziplock bag . Place 3–4 beans on the towel and then fold over the top of the bag . Label the beans (Bean A, B, C etc...) and attach the bag with tape to a window. Make daily observations and journal.	Create a Bermuda poster based on Bermuda's heritage including: celebrations, religion, architecture, food, flag. Post the finished poster to social media with hashtag: #bermudastrong	Make a pattern: Collect stones and create a piece of rock art around your house. Use a measuring tape- How tall can you make it?
Make a thank you card for an essential worker. Include an encouraging message on the inside.	One round= 50: 10 jumping jacks 10 push ups 10 burpees 10 sit ups 10 squats * Challenge- Do 4 rounds. How many did you do?	Paper airplane designs: Experiment with different paper airplane folds. Run test flights to see which design flies best.	Take some time to observe the bugs in your backyard. Feel free to get up close and personal with a magnifying glass. How many can you name? Where do they live?	Create and design a colorful "Marble Run" course with an adult. https://tinkerlab.com/toilet-paper-roll-marble-run/

BEN Choice Card:

Here are some ideas to keep those little minds active during our "Shelter in Place." Choose 2-3 activities to do a week. Try to complete as many of the activities as possible.



@B.E.N_BDA

https://www.instagram.com/ben_bda

BEN Choice Card:

Here are some ideas to keep those little minds active during our “Shelter in Place.” Choose 2-3 activities to do a week. Try to complete as many of the activities as possible.



[@B.E.N_BDA](#)

[@B.E.N_BDA](#)