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| Make a Zoom or FaceTime call to a friend and read them your favorite story. | Math Games- Play dominoes or UNO with someone at home. | Make Oobleck! Research a recipe online. | Take a nature walk within 1 km of your house with an adult. See if you can find the following: limestone, oleander, hibiscus, spice tree, cedar tree, Bermudiana, a body of water. | Create a song, 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. Collect as many different leaves as you can find. | Create a collage of things that represent Bermuda. | Put on a "Puppet Show" using stuffed animals, toys, dolls etc... If you can, record the puppet show on an electronic device. |
| Read a newspaper article with a family member and discuss your thoughts. | Counting by 2's: |  | 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! |
| Help with the grocery shopping. Make a list of 10 grocery items that you would like to add to the weekly grocery purchase. | Find objects around the house that have these 2-D shapes. Circle, square, rhombus, triangle, rectangle, oval. *Challenge -octagon, pentagon, hexagon. | 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. How many different patterns can you create? |
| Make a card for someone special, an elderly person or someone that is in the hospital or senior facility. Include an encouraging message on the inside. | Count to 50: 10 jumping jacks 10 push ups 10 burpees 10 sit ups 10 squats *Challenge - Do 2 rounds and count to 100! | Illustrate and describe the life cycle of a plant. *Challenge - Start a small garden at home. (herbs or veggies) | 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.



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