

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Go for a walk.	clean up garbage in your front or back yard.	Play a card game.	Read a book.	Build a fort (indoors or outside).
Play a board game.	Make a preparedness plan/fire escape plan.	complete our "explore the solar system" worksheet.	Do x30 jumping jacks.	Make a craft.
Play hide & seek.	Have a picnic outside.	Free Space.	Watch your favourite movie.	Partake in our door decorating competition!
Learn how to sew on a button.	clean up your bedroom or help clean up a room in your house.	Learn how to do laundry, or where oil goes in a car, or how to put washer fluid in a car.	Write a letter/ email to a friend, family member or us at the Rec centre!	Plant a seed or do the "label the leaves" page or the leaf investigation page.
complete the ocean animal word search word search.	Draw a picture of your house, favourite food or animal.	Wipe down all the doorknobs/handles in your home.	clean your plate off/help with dishes after dinner.	Play outside for 1 hour.
Name as many provinces/capitols as you can on our canadian map.	cook/bake a meal or treat together.	Practise your times tables.	change batteries in your smoke alarms.	Sing Happy Birthday twice while washing your hands with soap

Name:

Phone Number:

Hello Redbridge!

The PcRc knows this is a difficult time for many in the community. We want to remind everyone that social distancing is SO important at this time to keep all of us safe. With that being said it is VERY important to get physical and mental stimulation. Physical and mental activity helps combat depression, anxiety and stress, which many of us can struggle with during times like this.

Here are the BINGO instructions, please have fun and enjoy!

#### BINGO

- Print Bingo sheet off our Facebook page, or pick up a copy from the BINGO bin outside the Rec centre
- Don't forget to print the activity sheets included as well to complete some BINGO square tasks.
- Mark off each task as you complete them. Take pictures of your family completing challenges on the bingo card and send them to us on Facebook or by email at [phelpscommunityrecentre@hotmail.com](mailto:phelpscommunityrecentre@hotmail.com) . We'd love to share your pictures on our Facebook page!
- Once you have a full card take a picture and send the picture by email, FB message, text (705-358-8073) or you can drop it off in the "completed" BINGO card bin at the rec.
- cards will be collected weekly and we will be doing draws for your chance to win a family prize pack filled with a few little goodies.
- Don't forget to include your name and number on the bottom so we can contact you if you win!

We will be doing weekly draws and giving away family friendly prizes to help pass the time and keep everyone mentally and physically stimulated. Please take pictures of your family during your BINGO card adventures and send them to us! We'd love to share them on our Facebook to keep everyone's spirits up!

Have fun and good luck!

Name:

Phone Number:



# Ocean Animal Word Search

Help *Ollie the Octopus* find the words listed below in the puzzle & circle them.

C Z V U H F H S H A R K J I N  
A Z W G Z S S I C I O A T T M  
N E E H L C I L T U Q L F D U  
E T V K P F F F B A R C S C T  
M H O B E F R Y V G D U G W G  
O T J B K A A N I G P R I W B  
N J G A O R T I I O A H V K D  
E J O U G I S P T H S E A J F  
S D B N L X X C M I P I O G A  
Z X I B O G O Q F Q E L E E C  
S T H A B X Z Y A Q L L O L X  
S B V I S H L C E E R N A D L  
L Y M H T L P T O R K M M H U  
T K G G E F T H S Q U I D Q W  
X F N J R T U R T L E O S L V

ANEMONE  
CLAM  
DOLPHIN  
EEL  
FISH

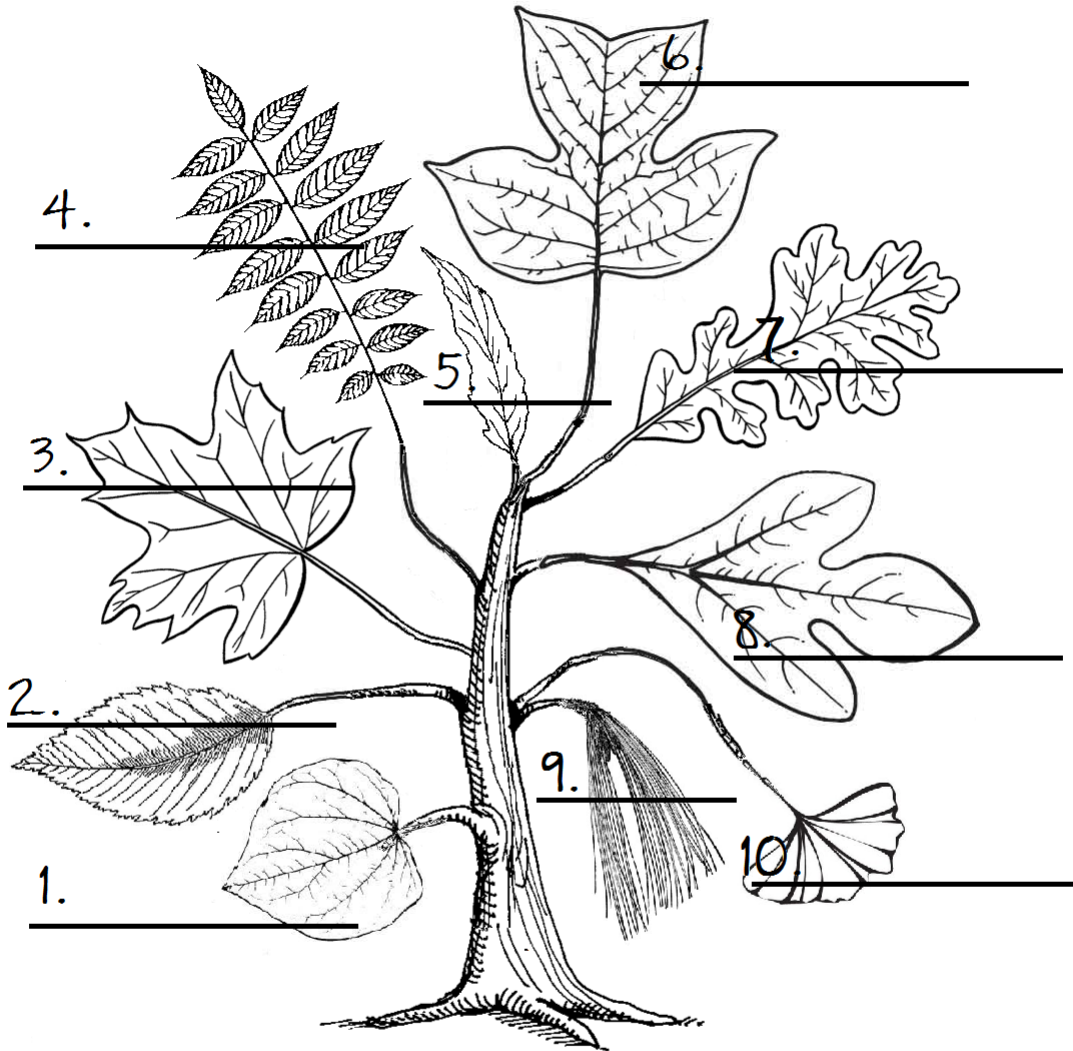
JELLYFISH  
LOBSTER  
OCTOPUS  
SHARK  
SQUID

OCTOPUS  
STARFISH  
STINGRAY  
TURTLE  
WHALE

Name:

Phone Number:

# Label The Leaves

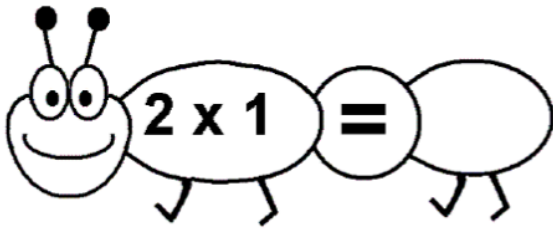


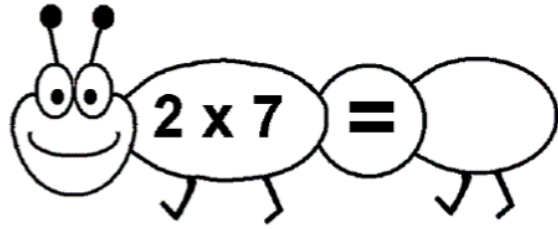
- |              |       |        |           |         |
|--------------|-------|--------|-----------|---------|
|              | Pine  | Oak    | Elm       | Willow  |
| Tulip        |       |        |           |         |
| Black Walnut | Maple | Ginkgo | Sassafras | Red Bud |

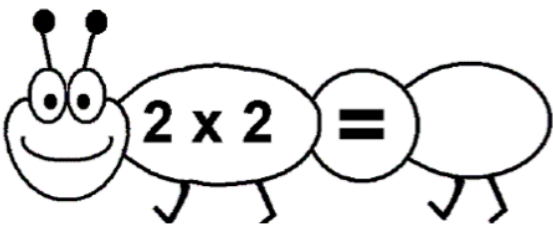
Name:

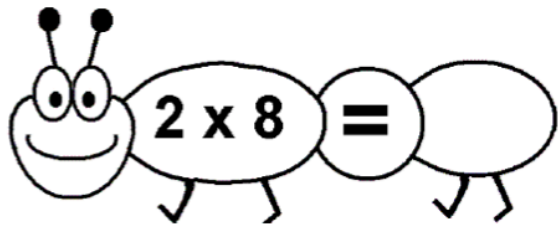
Phone Number:

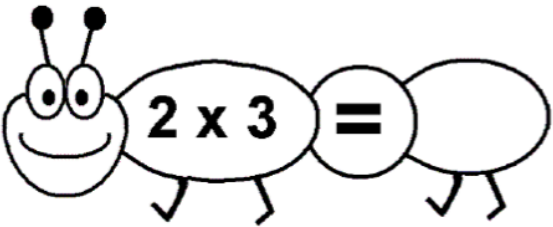
# The two times table

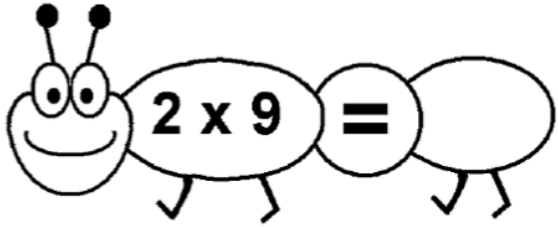
 $2 \times 1 = \quad$

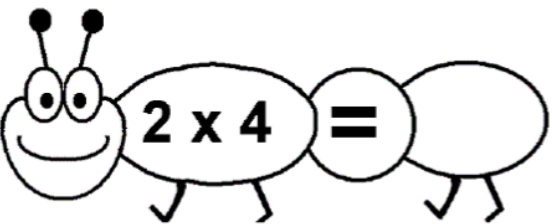
 $2 \times 7 = \quad$

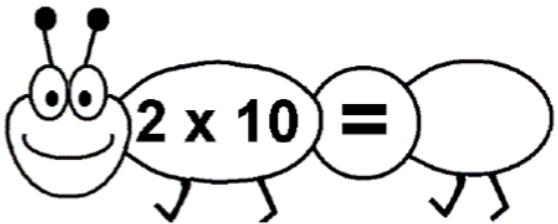
 $2 \times 2 = \quad$

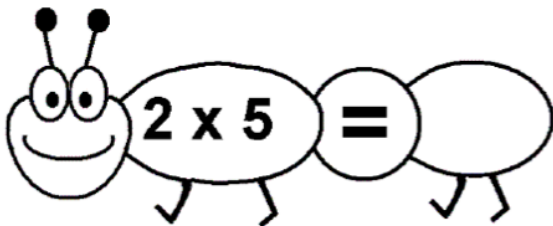
 $2 \times 8 = \quad$

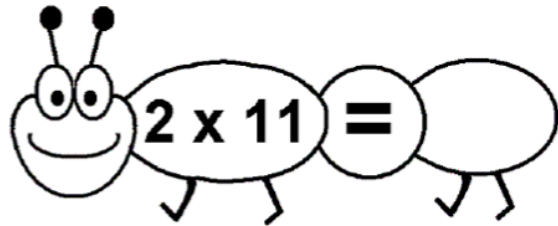
 $2 \times 3 = \quad$

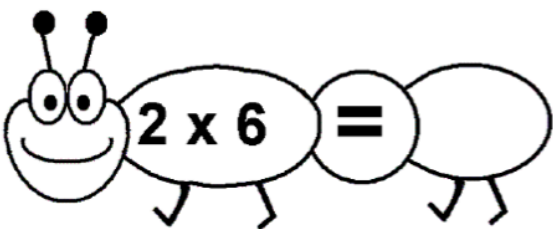
 $2 \times 9 = \quad$

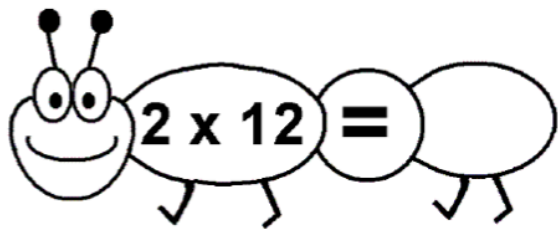
 $2 \times 4 = \quad$

 $2 \times 10 = \quad$

 $2 \times 5 = \quad$

 $2 \times 11 = \quad$

 $2 \times 6 = \quad$

 $2 \times 12 = \quad$

Name:

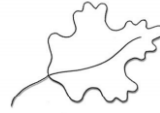
Phone Number:

Name \_\_\_\_\_

Date \_\_\_\_\_



# Leaf Investigation



Here is a picture of my leaf.

The color of my leaf is \_\_\_\_\_.

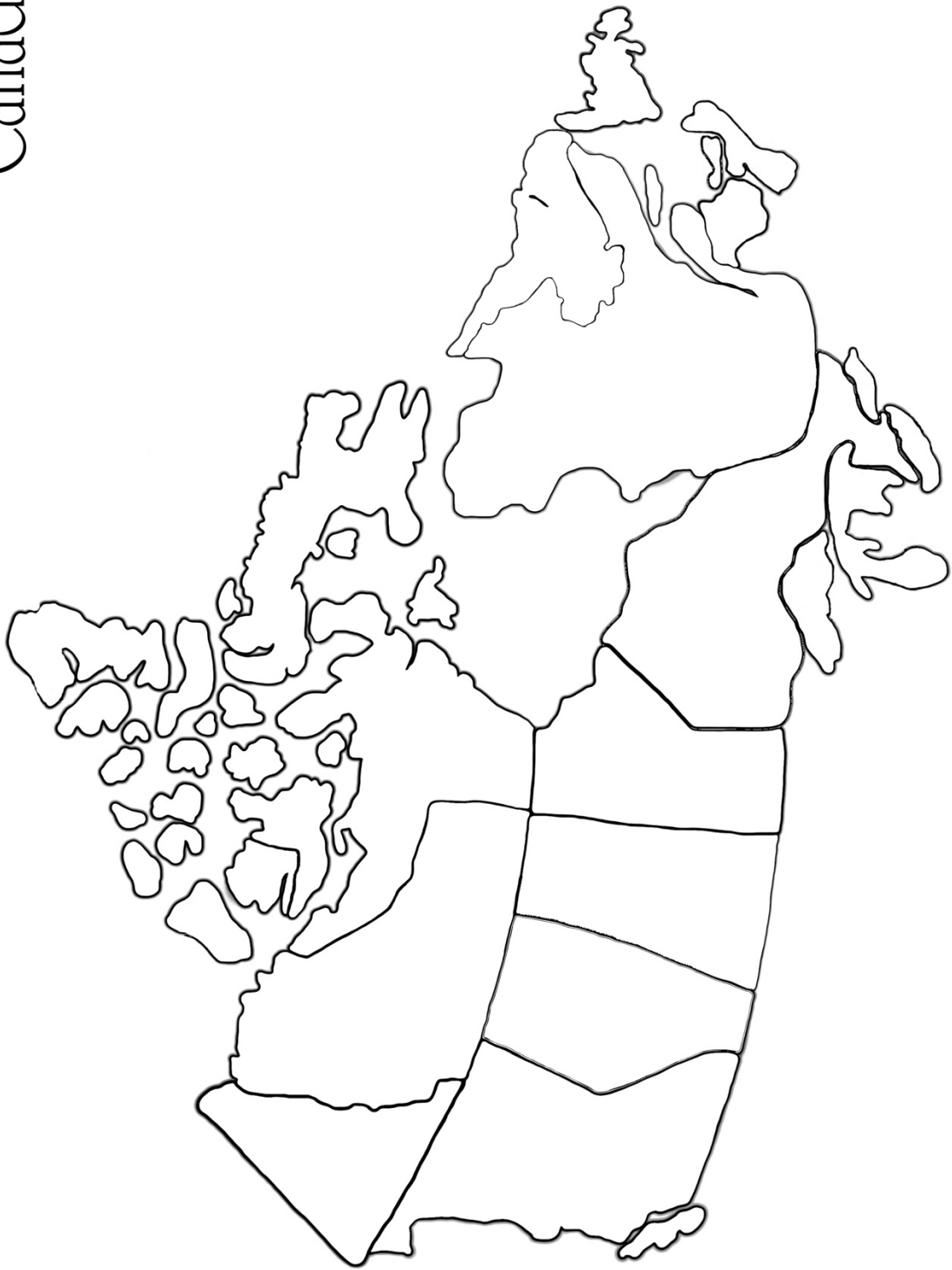
- red
- orange
- yellow
- green
- brown
- purple

The size of my leaf is \_\_\_\_\_.

- large
- medium
- small

I like my leaf because \_\_\_\_\_.

# Canada

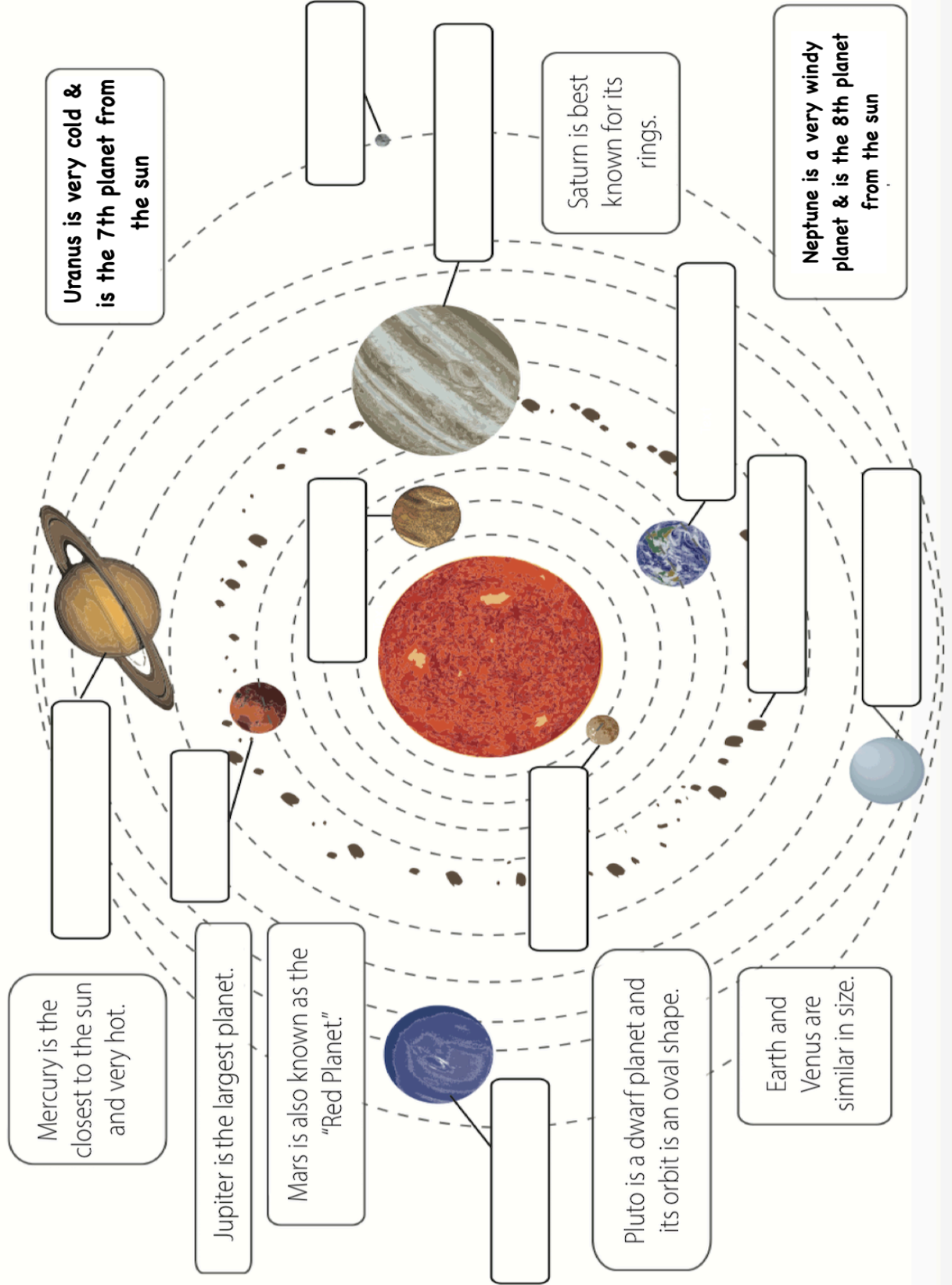


Name:

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# EXPLORE OUR SOLAR SYSTEM

Our solar system contains nine planets. The asteroid belt separates the inner and outer planets. **Directions:** Label the 9 planets. Use the hints to help!



Name:

Phone Number: