



## Summer Bingo

Complete the activities on the Bingo card to win prizes!  
Complete every single item and share with Nectar on social media to be entered to win a Brainy Basket that includes a \$100 gift certificate! Go to [www.TheNectarGroup.com](http://www.TheNectarGroup.com) to connect to our social media from the footer menu.

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Read at least 6 books! Have a family competition of who can read more pages!	Learn one new activity, sport or hobby	Eat 3 meals from the rainbow! (Have 5+ colors of fruits/ veggies on your plate)	Play 1 Math game every week!	Volunteer your time to help a neighbor, organization or family member! (Chores don't count)
Explore a museum and learn! (Virtual museum tours count!)	Write a creative short story or even write one as a family!	Write in your journal at least once a week for the summer!	Challenge your brain! Find good brainteasers, puzzles, etc. and complete 5	Play Smarter! Choose one of the games from the list and play with a friend, sibling or as a family!
Use math to create a cool project-build a bird house or mini-golf hole!	Learn one mindfulness activity each week	 Free Space	Conduct one mad genius science experiment! Take a picture!	Create one good habit and follow it for 2 weeks! Reflect on how you feel about it!
Compete in a healthy Chopped competition-who can make the best meal using healthy ingredients?	Go for a walk or hike and research some of the local plants and trees!	Listen to one audiobook!	Choose your own activity:	Make a neighborhood scavenger hunt with puzzles and clues! Challenge other kids to participate!
Going on a trip? Do some research on the history, climate, etc. of the location.	Create and participate in your own Backyard Olympics!	Write a letter to yourself #Dearfutureme and give it to your parents to send in 1, 3, or 5 years!	Complete 1 Tech Detox week-go completely screen free for 7 days!	Go camping (either in your backyard or somewhere else!) Write a gratitude list of 5 things that you love about your camp-out!

# *My Summer Plan*

Three Goals for Summer :

***Social:***

***Academic:***

***Fun:***

What is one habit you'd like to change or start over the summer?

What activities are on your summer bucket list?

- 1)
- 2)
- 3)
- 4)
- 5)

What is one project you'd like to accomplish over the summer?