YOUTH DEVELOPMENT INSTITUTE

Happy Summer!

Brain BINGO is a fun way to keep your brain healthy and happy this summer. Did you know that how you move your body, how you use your imagination, and the choices you make about nutrition, playing games, and being outside all affect your brain health?! We hope you will find it fun to be active, be creative, and be curious about new things!

If you complete a row, column, or diagonal on this BINGO board and let us know, we will respond to congratulate you, get your address, and mail you a special gift! You can let us know two ways:

- Have an adult email us a picture of your BINGO board or a picture of one of your activities YDI@uga.edu
- Have an adult post a picture of an activity or this sheet on Facebook and tag us @Youth Development Institute at UGA. (The picture doesn't have to show you or your face!)

We hope you have a wonderful summer and look forward to seeing you at one of our upcoming community events! Check www.GADevelopmentalScience.com to see where we will be next.

Come play games with us at one of our community events!

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BINGO

Body	Imagination	Nutrition	Games	Outdoors
Take a walk	Draw a creature that combines your favorite animals	Eat as many colors of foods as you can today	Cut up a picture you drew to make a puzzle	Count different plants seen from your window
Dance party	Tell someone a story	Help plan a meal for your family	Play "Simon Says"	Look for shapes in clouds
Rub your tummy & pat your head - then reverse	Find a rock to be your "pet rock"	YOUTH DEVELOPMENT INSTITUTE PROMOTING RESILIENCE OF YOUTH & FAMILIES SINCE 2012	Find an object starting with each letter of the alphabet	Spend as many minutes as your age outside
Make up an obstacle course	Read a fiction book	Taste something new today	Play a board game	Find as many different birds as you can
Invent a yoga pose named after an animal	Play dress-up and put on a show	Offer to help in the kitchen	Play "I Spy"	Say thank you to your favorite place in nature