Last week a Bingo card was posted with 25 activities on it that cover skills such as reading, writing, speaking and listening. You were asked to try to complete one line (one activity a day). We will continue with the BINGO card this week. Choose a different line to complete.

You should also be reading 30 minutes a day, and participating in 30 minutes of physical activity.

We want to emphasize that your wellness is our main concern. Please take care of yourselves physically and emotionally. If you need help, reach out.

If you want feedback on any of the work you have done so far (or just want to show us what you have done) you can email me at jennifer.talbot@nbed.nb.ca.