

# How can I make the world a better place in my **FREE TIME?**

Instead of vegging in front of a screen, I'll choose one of these activities!



	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
	<b>Build my relationship with God</b>	<b>Build my relationship with my family or a friend</b> (all activities here must be done with a family member or friend)	<b>Serve someone- brighten their day/ lighten their load</b>	<b>Learn or Strengthen a skill</b>
<b>1</b>	Enjoy Nature: -Lay on the grass on a blanket and look up at the clouds or similar activity	Play a card / board game or any type of game	Write an uplifting letter or email to someone	Practice a sport
<b>2</b>	Listen to or sing gospel/uplifting music	Read a book with someone	Find something around the house you can help clean or organize	Play music on an instrument
<b>3</b>	Climb and sit in a tree or find a place in nature and think about life. Envision the future you'd like to create for yourself.	Do Family History- learn about an ancestor <a href="https://www.familysearch.org/en/">https://www.familysearch.org/en/</a>	Index a genealogy record- <a href="https://www.familysearch.org/indexing/">https://www.familysearch.org/indexing/</a>	Be creative- make and sell something at a stand, online or do a job or teach a lesson to earn \$.
<b>4</b>	Write in my journal/talk to someone about a a spiritual subject	Go on a walk or play a sport with someone	Take care of an animal-Take dog on a walk, check water and food	Cook or bake something
<b>5</b>	Read scriptures or proverbs	Help someone with a project Talk with them & listen well	Make and take someone a treat or just visit	Practice math facts or write a story
<b>6</b>	Go on a walk/hike-be present	Hang out in the kitchen with whoever is in charge of meal prep	Rub someone's back	Draw or paint a picture

## FREE TIME BINGO DIRECTIONS

1. Write in your child(ren)'s first name initial in the right columns of each square like the example below
  2. Print and fold the drawing slips and keep in a baggie with your prizes.
  3. Have child mark activities completed throughout the week.
  4. At the end of the week do the drawing.
  5. For each slip pulled out, the person whose name was marked on that square gets a point.  
First person to 5 points wins a prize like a candy bar, coloring book, etc.
- Email [info@myjourneytobecome.com](mailto:info@myjourneytobecome.com) if you would like your own copy of the document to make your own.  
I hope you enjoy this tool to help your kids become good stewards of their time.

<b>1</b>	Enjoy Nature: -Lay on the grass on a blanket and look up at the clouds or similar activity	W J A S
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### Drawing slips

A1	A2	A3	A4	A5	A6
B1	B2	B3	B4	B5	B6
C1	C2	C3	C4	C5	C6
D1	D2	D3	D4	D5	D6