

Adventure bingo

b

i

Cross off the activities on the BINGO card as you complete them. Try to get a BINGO – across, down, diagonally or four corners.

Have fun!



Ride your **bike** on a park trail

Listen to all of the sounds in **nature**



Watch a **sunset** at the river's edge



Have a picnic at the park with family or friends

Build a sculpture with sticks and rocks

Play I Spy!
[with binoculars]



Leave the TV & other electronics **OFF** for a whole day



Wear your life jacket

Play a **new game**



Play in the rain or go puddle jumping



n



Put your toes
in the river

g



Climb a hill

o



Learn to paddle

(like a canoe, kayak or
paddle board)

Drink water or
milk, instead of
sugary drinks for
a week



Go for a **hike**



Find a **bug** on a trail
and snap a picture

Try a **FREE** class,
rental or
entrance day.

Visit [powerup4kids.org/](http://powerup4kids.org/parks)
parks for a list.



Choose a fruit or
veggie for a snack



Play at a **park**

Shade the sun
Wear Sunscreen



Spot the Big Dipper
in the sky

Snap a picture
at your favorite
park or outdoor
space.

Share it at:
#powerup4kids

Build a fort with
things you find
in nature

Play your favorite
outdoor sport



Find all the colors
of the rainbow
in nature

