

ADVENTURE BINGO

B I N G O

 <p>Ride your bike on a park trail</p>	<p>Play I Spy!</p> 	 <p>Put your toes in a lake or river</p>	 <p>Climb a hill</p>	 <p>Learn to paddle [Like a canoe, kayak or paddle board]</p>
<p>Listen to all of the sounds in nature</p> 	<p>Leave the TV & other electronics OFF for a whole day</p>	<p>Drink water or milk instead of sugary drinks</p> 	 <p>Go for a hike</p>	 <p>Find a bug on a trail</p>
 <p>Watch a sunset</p>	 <p>Stretch outdoors on the grass</p>	 <p>Get creative! Color or draw a picture of Chomp!</p>	 <p>Choose a fruit or veggie for a snack</p>	 <p>Play at a park</p>
 <p>Have a picnic at the park with family or friends</p>	<p>Play a new game</p> 	<p>Shade the sun; Wear Sunscreen</p> 	 <p>Spot the Big Dipper in the night sky</p>	<p>Snap a picture at your favorite park or outdoor space.</p> 
<p>Build a sculpture with sticks and rocks</p> 	 <p>Play in the rain or go puddle jumping</p>	<p>Build a fort with things you find in nature</p>	<p>Play your favorite outdoor sport</p> 	 <p>Find all the colors of the rainbow in nature</p>

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