



Go Outside & Play

SPRING BINGO

Complete five activities across, down, or diagonally. Cross them off and submit your completed card by March 4th for a \$25 gift card drawing. Submit your card to Healthy Shasta at 2660 Breslauer Way, to the Anderson or Redding Parks & Recreation office. Please call 225-5351 for questions.

Name: _____ Phone: _____ Email: _____

<p>Plant a flower</p>	<p>Find a ladybug</p>	<p>Go on a bike ride</p>	<p>Read a book</p>	<p>Walk a trail</p>
<p>Learn your home address</p>	<p>Visit Turtle Bay</p>	<p>Play a card game</p>	<p>Count the colors in a rainbow</p>	<p>Do some jumping jacks</p>
<p>Make a puppet</p>	<p>Play a board game</p>	<p>HEALTHY SHASTA www.healthyshasta.org</p>	<p>Play hockey</p>	<p>Put a puzzle together</p>
<p>Look for shapes in the clouds</p>	<p>Paint a picture</p>	<p>Fly a kite</p>	<p>Play catch</p>	<p>Walk in the rain</p>
<p>Go outside and play with your friends</p>	<p>Try Roller Skating</p>	<p>Blow bubbles</p>	<p>Play in the mud</p>	<p>I spy something green to eat</p>