



Go Outside & Play

FALL BINGO

Complete five activities across, down, or diagonally. Cross them off and submit your completed card by November 30, 2018 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>Go miniature golfing</p> 	<p>Play a game of Duck Duck Goose</p> 	<p>Try a new food</p> 	<p>Read a book with a pal</p> 	<p>Go to a pumpkin patch</p> 
<p>Go for a walk with your family</p> 	<p>Visit Turtle Bay</p> 	<p>Throw a frisbee</p> 	<p>Hopscotch with friends</p> 	<p>Play outside</p> 
<p>Create chalk art on the sidewalk</p> 	<p>Pick up trash in your neighborhood</p> 	<p>HEALTHY SHASTA www.healthyshasta.org</p> 	<p>Collect 5 leaves of different sizes and colors</p> 	<p>Go for a bike ride</p> 
<p>Jump in leaves</p> 	<p>Help carve a pumpkin</p> 	<p>Make a list of things you are grateful for</p> 	<p>Go to the library</p> 	<p>Play a game of Simon Says</p> 
<p>Watch the clouds</p> 	<p>Play hide and seek</p> 	<p>Hula Hoop</p> 	<p>Sit by a fire and tell stories</p> 	<p>Dress up for Halloween</p> 