

Summer Bingo



For Questions:

636-528-6117 ext. 409

Visit us for your Prize:

5 Health Department Dr.

Troy, MO 63379

Monday-Thursday 8:00am-5:00pm



<p>Ride a bike</p>	<p>Water flowers</p>	<p>Take a shower</p>	<p>Eat fruit</p>	<p>Read a book</p>
<p>Draw or paint something</p>	<p>Eat a cold treat</p>	<p>Ask a question</p>	<p>Wear sunscreen</p>	<p>Take a ride with family</p>
<p>Take out the trash</p>	<p>Listen to music</p>	<p>FREE SPACE</p>	<p>Play with a pet</p>	<p>Sleep 7-8 hours</p>
<p>Have a BBQ</p>	<p>Go for a walk or hike</p>	<p>Try a new vegetable</p>	<p>Drink water</p>	<p>Go for a swim</p>
<p>Stargazing</p>	<p>Learn a new skill or hobby</p>	<p>Play a sport</p>	<p>Have a movie night</p>	<p>Talk with friends or family</p>

How to Play Summer Bingo

Summer break gives most of us more free time to do activities we may not have time to do all year long. This bingo chart contains many good ideas that will help us take care of our minds and bodies while we're away from school.

After completing each self-care summer activity place a sticker over the completed square.

Once you have 5 stickers in a row, you have earned "bingo". Ask a trusted adult to bring you to Lincoln County Health Department for your prize!

