

B I N G O

Take your family away from the screens and enjoy some activities designed to help you connect with the environment around you!

Make any time family bowling night	Exercise your mind by answering crossword puzzles, Sudoku, etc.	Put together a puzzle	Put up camp in the living room telling stories	Go to Timm's hill and take a picture when you're at the top
Meet up with someone instead of communicating via social media (phone, Facebook)	Have a craft night with the family	Make a healthy family dinner together	Take TV's, video games and computers out of your children's bedroom	Take a bike ride around town
Go to the local farmers market	Turn off your TV during meal time	Do 25 jumping jacks	Answer the riddle- The more you take, the more you leave behind. What am I?	Check out the library and find a new book to start reading
For one day drink water for every meal	Find a local school sporting event to attend	Have a board game night with friends or family	Set a timer to limit about of TV time	Have two fruits with breakfast
At the grocery store pick out a fruit or vegetable you've never tried before and bring it home	Check out the swinging bridge in Gilman	Walk around the River walk in Medford to see the activity stations	Go for a walk 2 times in one week	Park in the back of the parking lot, furthest from the door on two trips to the store