

Screen-Free Bingo!

Help your kids mark off each space as they do these activities during Screen-Free Week. They get "BINGO" when they complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!



Read a book	Make a card for a friend or family member	Spend four hours outside in one day	Stretch	Laugh so hard your belly hurts
Write a letter	Find a cool rock, stick or shell	Play hide and seek	Tell or write a story	Play a board game
Discover a new park	Build something taller than you	Free space!	Give someone a hug	Listen to music
Create an obstacle course	Play Pretend	Try a new food	Make your own game	Have a dance party
Visit your favorite place outside	Cook with a friend or family member	Find a bug	Lay on the floor or ground	Paint or Draw