

# Summer Physical Activity Bingo



Here are fun ways to keep moving this summer! See how many BINGO squares you can check off.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Go swimming 	Go to the farmer's market	Go on a hike with your family	Enjoy a game of baseball in your backyard or at the park	Cool off with a water balloon race
Create hopscotch with sidewalk chalk	Build a fort outside	Make homemade pizza 	Plan a picnic with your family	Take a 30 minute walk outside 
Plant a flower or a vegetable	Catch fireflies at night 	Free Space	Run through the sprinkler 	Enjoy a family bike ride
Help cook dinner 	Have a dance party	Play kickball	Have a water fight	Plan an electronic free weekend
Watch the sun set	Create a relay race	Play catch outside 	Create your own smoothie	Go on a nature walk 



Connect with @UNLfoodfitness

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