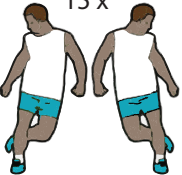

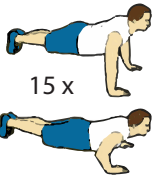

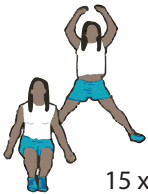







# ACTIVITY BINGO

<p>Find something in your neighborhood that starts with the letter 'F'</p>	<p>15 x</p> 	<p>Walk or roll to your favorite park</p>	<p>Count the trees on your block</p>	<p>Push up Pop up Jump!</p> 
<p>15 x</p> 	<p>Arms up and wiggle your fingers and toes for 30 seconds</p>	<p>Go up and down the stairs 5 times</p>	<p>Visit a Traffic Playground <a href="http://GreshamOregon.gov/Traffic-Playgrounds">GreshamOregon.gov/Traffic-Playgrounds</a></p>	<p>Do your favorite yoga pose for 1 minute</p>
<p>Walk or roll to the nearest bus stop</p>	<p>Shake out your whole body for 30 seconds</p>		<p>Walk or roll to a school near you</p>	<p>15 x</p> 
<p>1 minute</p> 	<p>Count the number of wheels on your street</p>	<p>15 x</p> 	<p>Teach someone how to cross the street safely</p>	<p>Have a spontaneous dance party</p>
<p>Walk or roll to a library near you</p>	<p>Travel on a bike path</p>	<p>Walk or roll to the nearest park</p>	<p>30 seconds</p> 	<p>Count the stop signs on your street</p>