

# 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



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

## 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!

