

# Screen

# Free Saturdays!



**SCREEN-FREE FUN!**

## screen-free BINGO



READ A BOOK	MAKE A CARD FOR A FRIEND OR FAMILY MEMBER	STRETCH	STICK YOUR HEAD OUT THE WINDOW	DO SOME YOGA
WRITE A LETTER	FIND A COOL ROCK, STICK OR SHELL	PLAY HIDE & SEEK	TELL, DRAW, OR WRITE A STORY	PLAY A BOARD GAME
LAUGH SO HARD YOUR BELLY HURTS	CREATE AN OBSTACLE COURSE	FREE SPACE	TELL SOMEONE THAT YOU WENT SCREEN-FREE	PLAY PRETEND
BUILD SOMETHING TALLER THAN YOU	MAKE YOUR OWN GAME	TRY A NEW FOOD	HAVE A DANCE PARTY	DISCOVER A NEW CORNER OF THE HOUSE OR YARD
BUILD A FORT (inside or out)	COOK TOGETHER	FIND A BUG	LAY ON THE FLOOR OR GROUND	PAINT OR DRAW

### RULES

Mark off each space as you do these activities. Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!

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