

# 2020 BINGO GAME

# screen-free week



<b>READ A BOOK</b>	<b>MAKE A CARD FOR A FRIEND OR FAMILY MEMBER</b>	<b>STRETCH</b>	<b>SPEND 4 HOURS OUTSIDE IN ONE DAY</b>	<b>LAUGH SO HARD YOUR BELLY HURTS</b>
<b>WRITE A LETTER</b>	<b>FIND A COOL ROCK, STICK OR SHELL</b>	<b>PLAY HIDE &amp; SEEK</b>	<b>TELL OR WRITE A STORY</b>	<b>PLAY A BOARD GAME</b>
<b>LAUGH SO HARD YOUR BELLY HURTS</b>	<b>CREATE AN OBSTACLE COURSE</b>	<b>FREE SPACE</b>	<b>TELL SOMEONE THAT YOU WENT SCREEN-FREE</b>	<b>PLAY PRETEND</b>
<b>BUILD SOMETHING TALLER THAN YOU</b>	<b>MAKE YOUR OWN GAME</b>	<b>TRY A NEW FOOD</b>	<b>HAVE A DANCE PARTY</b>	<b>DISCOVER A NEW PARK</b>
<b>VISIT YOUR FAVORITE OUTSIDE PLACE</b>	<b>COOK TOGETHER</b>	<b>FIND A BUG</b>	<b>LAY ON THE FLOOR OR GROUND</b>	<b>PAINT OR DRAW</b>

## RULES

Mark off each space as you do these activities during Screen-Free Week (May 4-10, 2020). Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!

LEARN MORE ABOUT SCREEN-FREE WEEK AND FIND ADDITIONAL RESOURCES AT  
[WWW.SCREENFREE.ORG](http://WWW.SCREENFREE.ORG)