

Fun Activities for Kids

STRONG4LIFE™

Children's™
Healthcare of Atlanta

B	I	N	G	O
 Shoot some hoops	Create an obstacle course	Collect items for a nature collage	 Play "I spy" while going on a walk	   Go roller skating
Play hopscotch	   Take a scooter ride	 Build a blanket fort	Have a picnic at the park	Play charades
   Ride bikes	 Play four square	FREE 	Play freeze tag	 Play a game of catch
 Play frisbee	Have a "minute to win it" game night	Have a jump rope contest	 Play the floor is lava	Play Simon says
 Play a game of kickball	Play at the park	 Go for a hike	Play a board game	 Play balloon volleyball

How to get BINGO

Complete an entire row of 5 activities. You can complete a row horizontally, vertically or diagonally. Really want to win big? Try to complete the entire board!

-  You can substitute a 15-minute family walk for this activity if necessary.
-  Kids should always wear a properly fitted helmet when they're on wheels.
- * Brush up on pedestrian safety tips at [Strong4Life.com](https://www.strong4life.com).

For more ways to raise healthy, safe, resilient kids, visit [Strong4Life.com](https://www.strong4life.com).