

# BINGO

STRONG4LIFE™



Children's™  
Healthcare of Atlanta

## Winter Activities for Kids

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	 Take a walk at night to look at lights*	<b>FREE</b> 	Play freeze tag	 Play a game of catch
 Play Frisbee	Have a "minute to win it" game night	Have a jump rope contest	 Have a dance party to holiday music	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 winter activities. You can complete a row horizontally, vertically or diagonally. Really want to win big this winter? 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](https://www.strong4life.com/pedestrian-safety-tips) at Strong4Life.com.

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