ACTIVITY BINGO

- Find something in your neighborhood that starts with the letter ‘F’
- Walk or roll to your favorite park
- Count the trees on your block
- Visit a Traffic Playground
- Do your favorite yoga pose for 1 minute
- Arms up and wiggle your fingers and toes for 30 seconds
- Go up and down the stairs 5 times
- Walk or roll to a school near you
- Push up Pop up Jump!
- Walk or roll to the nearest bus stop
- Shake out your whole body for 30 seconds
- Walk or roll to a park
- Count the stop signs on your street
- 1 minute
- Count the number of wheels on your street
- Teach someone how to cross the street safely
- Have a spontaneous dance party
- Walk or roll to a library near you
- Travel on a bike path
- Walk or roll to the nearest park
- Count the stop signs on your street

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Multnomah County
Reach
City of Gresham
Safe Routes
Metro
Oregon Department of Transportation