



# HEALTHY KIDS DAY CHALLENGE

**Saturday, April 20 - Friday, May 3**

**Kick your summer off early with the Y's Healthy Kids Day Challenge!** During the challenge, you'll embark on an exciting journey of family-friendly activities to encourage healthy kids, healthy families, and a healthy start to the summer season.

Kids that complete at least two bingo lines and submit a card to the Welcome Center will receive a **special prize**. Plus, one lucky kid will be entered to win:

### **NH STATE PARKS GIFT CARD & TENT**

The challenge will run Saturday, April 20 - Friday, May 3. Bingo cards must be submitted by Friday, May 10 to be entered to win. One grand prize winner will be chosen and contacted the week of May 13. Good luck!

Healthy Kids Day is sponsored by our friends at **Dartmouth Health**



**YMCA OF THE SEACOAST**

550 Peverly Hill Rd, Portsmouth, NH • 603.431.2334

Join us at our **FREE** Healthy Kids Day Event on April 27!



LEARN MORE ABOUT HEALTHY KIDS DAY



# HEALTHY KIDS DAY<sup>®</sup> CHALLENGE

**Saturday, April 20 - Friday, May 3**

**YMCA OF THE SEACOAST**

[www.graniteymca.org/hkd](http://www.graniteymca.org/hkd)

**B****I****N****G****O****Exercise for 30 minutes**

Date: \_\_\_\_\_

**Get 8 hours of sleep**

Date: \_\_\_\_\_

**Give someone a compliment**

Date: \_\_\_\_\_

**Read a new book**

Date: \_\_\_\_\_

**Clean your room**

Date: \_\_\_\_\_

**Wear sunscreen**

Date: \_\_\_\_\_

**Draw your favorite place to be**

Date: \_\_\_\_\_

**Take a bike ride**

Date: \_\_\_\_\_

**Eat 3 different fruits or veggies**

Date: \_\_\_\_\_

**Attend a Healthy Kids Day Event**

Date: \_\_\_\_\_

**Make a healthy meal with family**

Date: \_\_\_\_\_

**Write a poem**

Date: \_\_\_\_\_

**FREE SPACE****Dance to 3 of your favorite songs**

Date: \_\_\_\_\_

**Go on a nature walk**

Date: \_\_\_\_\_

**Go on a picnic**

Date: \_\_\_\_\_

**Play outside for 30 minutes**

Date: \_\_\_\_\_

**Try a new food**

Date: \_\_\_\_\_

**Have a family game night**

Date: \_\_\_\_\_

**Make a card for a friend or loved one**

Date: \_\_\_\_\_

**Tell someone a silly joke**

Date: \_\_\_\_\_

**Stretch as many minutes as your age**

Date: \_\_\_\_\_

**Do 50 jumping jacks**

Date: \_\_\_\_\_

**Try a new sport**

Date: \_\_\_\_\_

**Drink 5 cups of water in one day**

Date: \_\_\_\_\_

**Child's Name****Parent/Guardian's Name****Phone Number****Email Address**

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