

Walk BINGO

Check-off each activity as you complete it.
Try to get five in a row or complete all 25!

Walk somewhere new	Use a crosswalk	Look left, right, left, when crossing the street	Walk real slow	Wave to other walkers
Walk on the sidewalk	Walk backwards for 5 feet	Put your screens away	Walk up a hill	Walk on a trail
Walk in a zig zag	Plan a safe walking route	Free Space	Practice walking to school	Walk with a friend
Walk down a hill	Wear bright clothes	Draw your favorite place to walk	Walk past a garden	Wear comfy shoes
Walk under a big tree	Skip for 10 feet	Take a water bottle on your walk	Walk in the rain	Make eye contact with drivers



A Youth Education Program of Intercity Transit

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