

JULY IS PARKS & REC MONTH • BARKS & REX

**B I N G O**

Host a family game night of your choice	<u>Participate in an online fitness class on Facebook</u>	Pic of yourself doing any of these activities on social media using hashtag <b>#vbparksrecjuly</b>	Take a picture with your favorite tree	<u>Watch a “We Are Parks &amp; Recreation” video</u>
<u>Watch a water safety video</u>	<u>Visit a dog park</u>	Beat a personal fitness goal	Make a traditional family recipe	Climb to the top of Mount Trashmore
<u>Go to a city park you have never visited</u>	<u>Send a Forever Young senior citizen a letter or drawing!</u>	<p>FREE BARKS SPACE</p> 	<u>Print a coloring sheet of Barks &amp; Rex and take them on your adventure for the day</u>	Scoop the poop on your dog’s walk
<u>Watch a Hidden Treasures video. Bonus: visit the location in the video!</u>	<u>Make one of our kid-friendly healthy snacks</u>	Play a game of catch	<u>Visit a neighborhood park</u>	Pick up trash during your outdoor exercise
Bike a park trail with family or friends	Plant a pollinator flower or plant	25 jumping jacks 10 push ups 10 Burpees Jump rope for 1 min 15 crunches Repeat 3x	Go swimming	Chalk Art Barks & Rex on your sidewalk

