

Stroller BINGO

How to play:

- Mark off activities as you complete them
- Set a goal for a week (such as 5 items in a line) or a month (can you get a full card?).
- Adhere to public health guidelines in your area.
- If wearing headphones, keep the volume on low and stay alert to your surroundings.

 <p>Walk your usual route, but in the opposite direction</p>	 <p>Walk to a school</p>	 <p>Bring a snack and beverage for yourself, not just your passenger</p>	 <p>Measure your distance with a GPS device, phone app or activity tracker</p>	 <p>Go early in the morning</p>
 <p>Make a delivery to a neighbour</p>	 <p>Go in the evening</p>	 <p>Walk the entire length of a shopping mall</p>	 <p>Walk in a forest or on a nature trail</p>	 <p>Use your stroller to shop at a grocery store or farmer's market</p>
 <p>Walk to a playground, park or green space</p>	 <p>For an added challenge, choose a route with an uphill portion</p>	 <p>Free space</p>	 <p>Listen to music or a podcast</p>	 <p>Call someone to chat during the walk</p>
 <p>Wear an accessory (like a hat or sunglasses) that you haven't worn in a long time</p>	 <p>Ask fellow parents to recommend stroller-friendly places to walk, and try one out</p>	 <p>Walk somewhere with a water view</p>	 <p>Plan a stroller picnic</p>	 <p>Check out a neighbourhood garage sale</p>
 <p>Invite a friend to join you</p>	 <p>Do a mini errand like sending snail mail or returning a book to a Little Library</p>	 <p>Wave to a fellow stroller walker</p>	 <p>Choose something specific (like an animal, number, or colour) to look for along the way</p>	 <p>Search online for a stroller walking group or 'stroller fit' class in your area</p>