


SPRINGO

brought to you by Family & Children's Services Foundation

Splash Through a Puddle	Find Shapes in the Clouds	Catch Up with Friends	Be Sun Safe	Compliment Someone
Sip a Cool Drink	Treat yourself!	Cook Your Favorite Meal	<u>Explore a Community Trail</u>	Take a Screen Break
Spend Time in Nature	Pack a Picnic	<u>Give to Help Us Win \$20,000</u>	Play a Board Game or Do a Puzzle	Drink Water
Stop to Smell the Flowers	<u>Make a Scavenger Hunt</u>	<u>Colour a Picture</u>	Clean Out the Junk Drawer	Catch Raindrops on Your Fingertips
Hug Someone You Love	Read a Book	Feel the Grass Between Your Toes	Cook Your Favorite Meal	<u>Make Popsicles</u>

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#SpringoFACS

 Check out some activity inspirations
[facsfoundation.org](https://www.facsfoundation.org)

