

The Children's Clinic - Activity Challenge (age 3-18)

Complete the 25 activities together with your family or friends. Write a brief summary of each activity that you complete. Once you have completed all 25 activities drop off this form in the box outside the waiting room door or email the form to contest@wrmc.com

All forms completed and turned in by July 1st will be put in a drawing for a grand prize winner to receive a new bicycle and helmet. Include your name and phone number on your form.

1. Picnic outside together _____
2. Collect leaves to make a collage _____
3. Hunt for animal tracks _____
4. Star gazing _____
5. Make a meal together _____
6. Go on a hike at a park _____
7. Pick up rocks _____
8. Plant a tree _____
9. Catch fire flies _____
10. Yard work _____
11. Wash the car _____
12. Go on a bug hunt _____
13. Take a walk in the rain _____
14. Ride your bike (while wearing a helmet) _____
15. Jump rope _____
16. Go fishing _____
17. Create an obstacle course _____
18. Take an evening walk _____
19. Draw/paint a picture _____
20. Pick up trash on a playground _____
21. Make paper boats and float them in a stream _____
22. Draw sidewalk pictures with chalk _____
23. Go skipping _____
24. Fly a kite _____
25. Blow Bubbles _____

Name:

Phone Number: