HERE COMES THE SUN BINGO

COMMUNITIES THAT CARE
North Davis

Create a list of fun things you want to do this summer	Play at a favorite park	Have your own outdoor summer concert—turn up the music and get singing & dancing	Eat a fruit that reminds you of summer	Create your own Summer Olympics
Create your own drive-in movie experience — complete with homemade vehicles	Make a smoothie or popsicles	Play in water	Make a list of books you'd like to read/listen to this summer	Go a full day without internet or TV
Pretend you're tourists as you travel around your town—identify something you haven't noticed before	Reach out to a friend you haven't talked to in awhile	**FREE**	Relax at the "beach"—find some beachy music, sit outside, and enjoy	Ask someone who's older than you what they enjoyed doing in the summer as a kid
Make sock or paper sack puppets and put on a show	Look at the sky and see if you can find clouds that resemble different objects	Garden: flowers, plants, or vegetables	Create a treasure hunt or scavenger hunt	Go on a bike ride, walk, or hike
Fly a kite — you can even make your own	Collect some rocks and turn them into works of art	Sleep in or take an afternoon nap	Plan to watch a sunset on the same night as a friend — send photos of it to each other from your perspective of it	Have an outdoor BBQ or picnic

To enter to win gift cards to local businesses, follow the instructions on our Facebook account. You can find us at North Davis Communities that Care. OR email your entry to jessica.bigler@dbhutah.org by Monday, June 1, at 8:00 am.

*Only residents of Clearfield, Syracuse, Clinton, West Point, and Sunset are eligible for prizes.

NAMI Utah
National Alliance on Mental Illness