

fiel's 40 WAYS TO ENJOY SPRING!

See how many points you can score, then share your favorite photos on Facebook and Instagram @fidelisrx.

Outdoor Activity Ideas

- Plant a spring garden | 10 POINTS
- Have a picnic at the park | 5 POINTS
- Take a hike with your family | 5 POINTS
- Play soccer | 5 POINTS
- Ride a bike | 5 POINTS
- Visit an outdoor café | 5 POINTS
- See baby animals at a zoo or farm | 10 POINTS
- Walk on a beach | 10 POINTS
- Play a round of mini golf | 10 POINTS
- Go on a nature scavenger hunt | 5 POINTS

Spring Mindfulness Activities

- Listen to the rain | 5 POINTS
- Seek out a rainbow | 5 POINTS
- Pet a bunny | 10 POINTS
- Send someone a surprise card | 5 POINTS
- Find a colorful umbrella | 5 POINTS
- Buy fresh tulips and daffodils | 10 POINTS
- Get caught in a spring shower | 5 POINTS
- Paint your nails a spring pastel | 5 POINTS
- Find a spring scented candle | 5 POINTS
- Go stargazing | 5 POINTS
- Read a book outdoors | 5 POINTS

Kids Will Love It

- Fly a kite | 10 POINTS
- Look for four-leaf clovers | 5 POINTS
- Jump in puddles | 5 POINTS
- Blow bubbles | 5 POINTS
- Swing at a playground | 5 POINTS
- Feed the ducks at a pond | 5 POINTS
- Draw pictures with sidewalk chalk | 10 POINTS
- Skip stones across a pond | 5 POINTS
- Pick dandelions | 5 POINTS
- Play frisbee | 5 POINTS
- Create a fairy garden | 10 POINTS

Springtime Favorites

- Steam whole artichokes and eat them leaf by leaf | 5 POINTS
- Bake festive spring cupcakes | 10 POINTS
- Eat a ripe apricot | 5 POINTS
- Visit the farmers market to buy sugar snap peas | 10 POINTS
- Pick berries at a farm | 10 POINTS
- Eat jellybeans | 5 POINTS
- Make deviled eggs | 5 POINTS
- Whip up a carrot cake | 10 POINTS

Grand Total: _____

