

# Parks & Recreation Activity Guide

Activities to do With Your Friends and Family:

Outdoor Scavenger Hunt

Family Picnic

Paper Airplane Competition

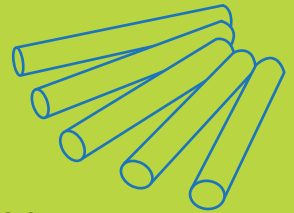
Sidewalk Chalk Obstacle Course



Sidewalk Chalk

Fly a Kite

Outdoor Charades



Family Hike

Family Fitness Challenges



Park Bingo

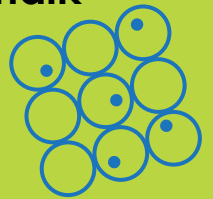


Hula Hoop Toss

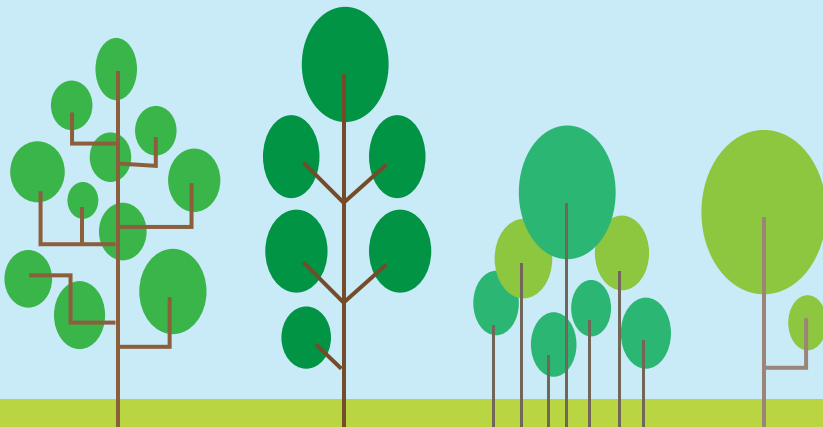
Water Balloon Toss

Tic Tac Toe Sidewalk Chalk  
Relay Race

Family Water Relay  
(Just Need a Bucket  
and a Sponge!)



Read a Book



How are you enjoying the parks in our community? Share with us using **#ILoveBGParks** on social media!



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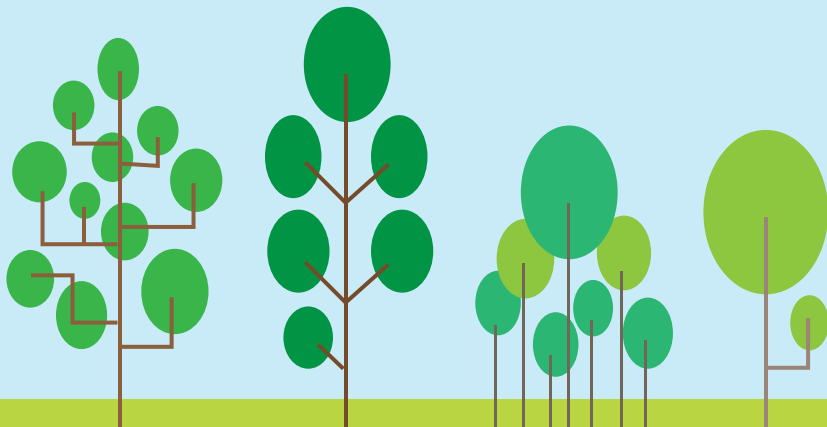


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## Family Fitness Challenge:

1. Jump in one spot 20 times.
2. Run as fast as you can and find 5 sticks, one at a time, and bring them to your parents.
3. Do 15 jumping jacks.
4. Go to the parking lot and use the white line as a balance beam.
5. Hop like a bunny 20 times. See how far you can get from where you started.
6. Lay on your back with your feet in the air. Try to reach for your toes. Do this 15 times.
7. Find a bench. Sit on it, hold your arms out in front of you as you get up and down. Do this 10 times.
8. Stand on your tippy toes and count to 30. This will help you with balance.
9. Hop on one leg 15 times then switch to the other side.
10. Lay on your back and do 15 crunches.
11. Sit up with your legs straight out in front of you. Try to reach for your toes **WITH OUT** bending your knees.
12. Stand on your tippy toes and walk forward while you count to 25.
13. Get on a grass area and walk or run backwards as you count to 30.
14. **PARENTS...** pick something your kids can race to and back, like for instance, to a small tree in front of us or a red bench to the side.
15. Everyone go on an adventure walk together. Pick up something on your walk and take it home. Share what you enjoyed most during your trip out.



Did you complete the BGPR Family Fitness Challenge? Share with us your family photos using **#BGPRFamilyFitnessChallenge** on social media!



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## Park Bingo:

Can you spot a squirrel in a tree?

Find a bird and research what kind of species it is

Can you find a 3 or 4 leaf clover?

Find another person and ask them how they are doing. (Socially Distanced of course!)

Write and leave a kind note for someone to find. Always pass on kindness!

Hop on one foot 20 times and then switch!

Count the number of trees you see in one of our parks

Read a book under a shady tree

Walk one of our many trails

Find a bug and do some research about it!

Do some yoga under a tree

Paint a small rock with a kind message on it, and leave it in the park for someone else to find!

Record a video telling us why you love going to the park!

Have a family picnic in the park!

Complete the BGPR Family Fitness Challenge in one of our parks!

Draw a picture with sidewalk chalk in a park

Fly a kite in the park

Play a game with your family in one of our parks! (dribble a soccer ball, throw a Frisbee, or whatever you like!)

Play disc golf at one of our many great courses

Find items in the park that start with the letters in your name, and spell your name out!

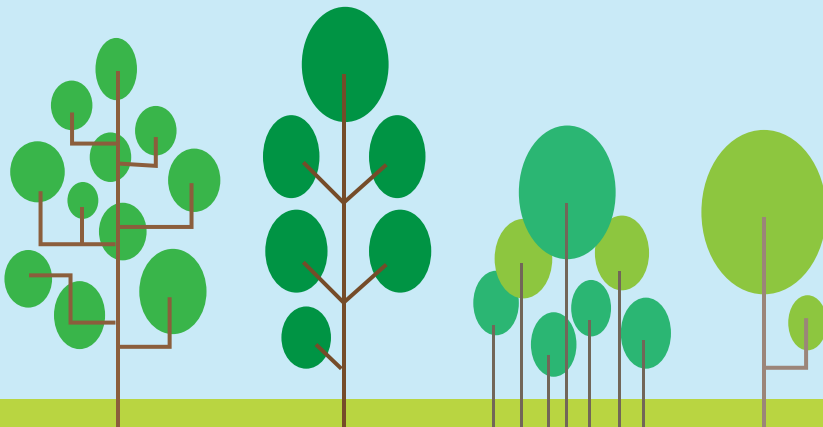
Have a family dance party in the park!

Take a family selfie in your favorite park

Write a poem about parks and being outdoors!

Find the biggest tree and hug it

Complete all of our BGPR Park Scavenger Hunts!



Did your family complete the Park Bingo activity? Share your family photos with us using the **#BGPRParkBingo** on social media!



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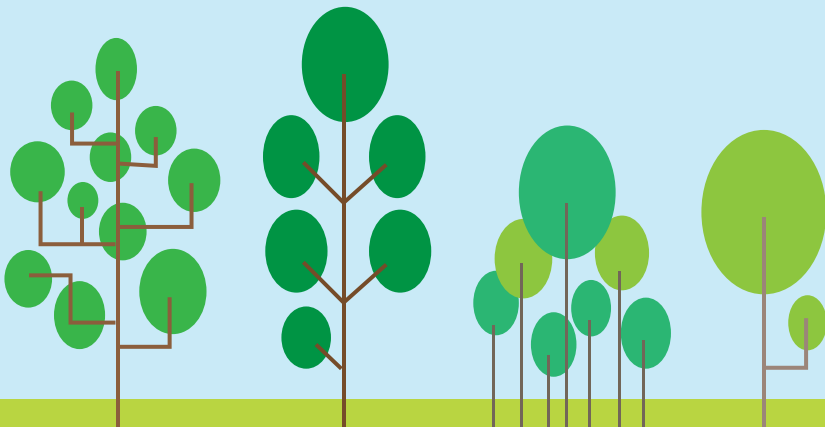
# Parks & Recreation Activity Guide

## Scavenger Hunt @ Preston Miller:

1. Take a selfie with the raging red and bluegrass water slides in the background. (Remember, Russell Sims Aquatic Center is currently closed!)
2. Find a good place to have a cookout in the park!
3. Find Hole 12 on the disc golf course
4. Take a lap around the greenway trail. We encourage you to walk, run, or ride the trail!
5. Find the map of Premier Grounds — count the number of soccer fields in the park
6. See how many park benches you can find!
7. Find a good place to do an outdoor workout.



8. Find the place where the beach and sport of volleyball meet at Preston Miller Park.
9. Find something yellow in the park
10. Take a picture of your favorite flower in the park



Share with us all the wonderful things you find during this scavenger hunt by using **#BGParksScavengerHunt** on social media!



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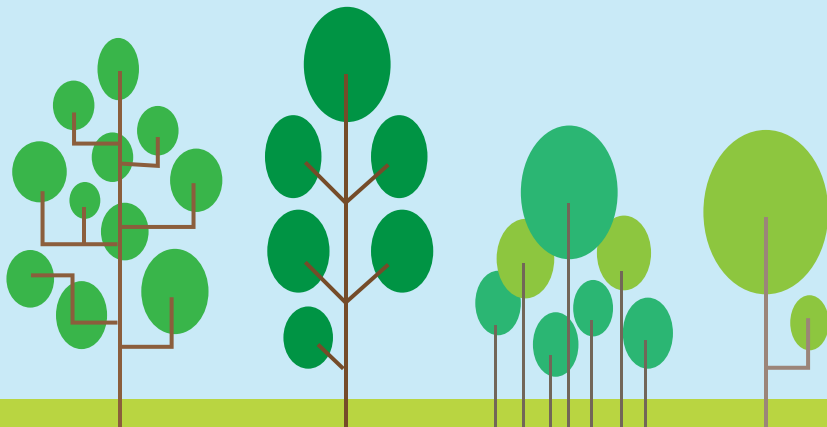


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## Scavenger Hunt @ Parker Bennett Community/ West End Park/Pedigo Park:

1. Find a good place to take a few practice swings at Pedigo Park
2. Take a picture in front of Karen Singleton Field at Pedigo Park
3. Find your favorite flower in one of the parks!
4. Take your picture in front of the Pedigo Park sign
5. Count the number of boulders near the Pedigo Park playground. Take a picture climbing one!
6. Find the best spot to grab a hot dog and sno cone after your big game at Pedigo Park!
7. Take a picture in front of the West End Park sign
8. Identify the country of one of the flags displayed at Parker Bennett Curry Elementary, and research about that country!
9. Find and take a picture with the red car at the Learning Center/Housing Authority
10. Take a picture in front of the Parker Bennett Community Center sign
11. Find something that is the color orange
12. Play a game of four square on the basketball court



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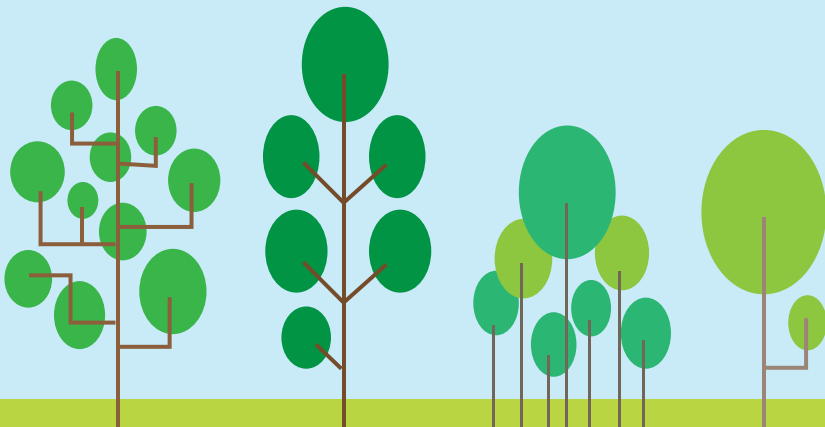
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## Scavenger Hunt @ Lovers Lane:

1. Find a tree in the park dedicated to someone or their family
2. Find the Loops at Lovers Lane starting point/shelter
3. Find Hole 13 on the Disc Golf course
4. Find the map of the park — How many soccer fields are at Lovers Lane?
5. Score a goal and take a video of your best victory dance!
6. Take a picture with the Lovers Lane Park Sign
7. Try and snap a photo of a plane landing or taking off at the Bowling Green-Warren County Regional Airport
8. Take a lap around the loop of your choice
9. Find something blue in the park!
10. Find a good place for a family picnic in the park!
11. Find a leaf the size of your hand!



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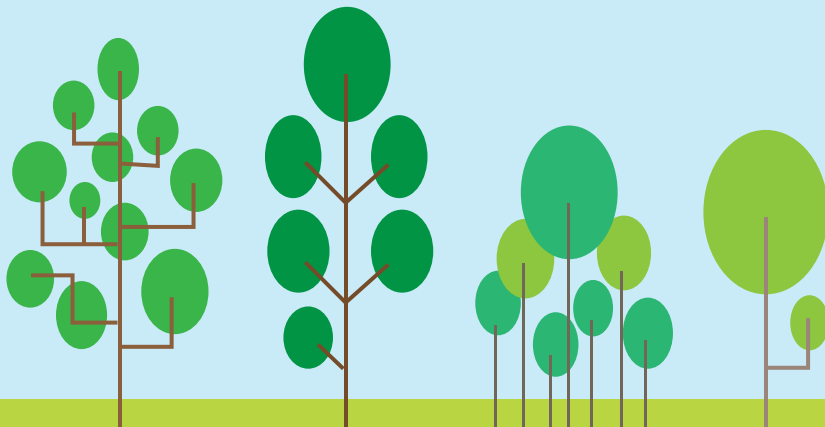


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## Scavenger Hunt @ Lampkin:

1. Find the brand new Futsal Court in the park!
2. Take a picture by the Limestone Springs spray ground.
3. How many baseball/softball fields are at Lampkin Park?
4. Take a picture in front of the SOKY Fairgrounds sign
5. Take a picture of your favorite flower in the park!
6. Find a good spot for a family picnic
7. Take a picture with the Bowling Green Special Olympics banner at the softball fields.
8. Find a leaf the size of your hand!
9. Take a picture with your favorite tree in the park!
10. Take a lap around all the bases on one of the fields and do your best home run victory celebration!



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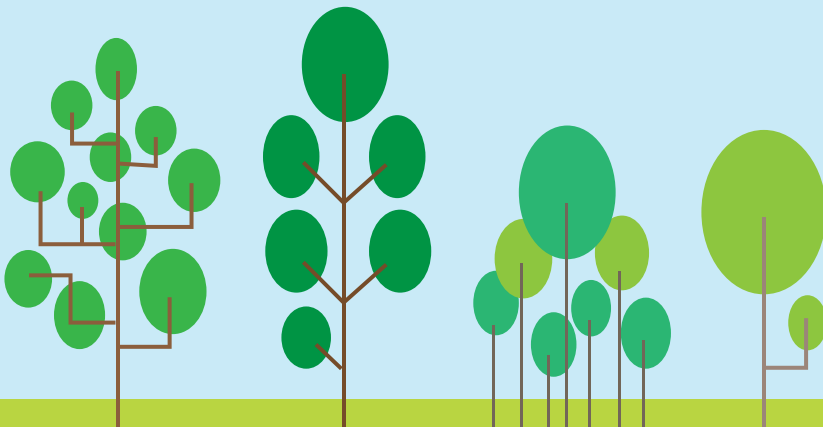


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# Parks & Recreation Activity Guide

## Scavenger Hunt @ Kereiakes:

1. Take a picture in front of Kereiakes Park sign
2. Find something the color blue
3. Take a picture in front of the Turkey Trot 5K start/finish line
4. Find an American Flag in the park
5. Find a good place to grow some vegetables with your family
6. Find hole 1 on the disc golf course
7. Find the sign and read about on Mount Ayr & Ft Underwood
8. How many baseball fields are in Kereiakes Park?
9. How many tennis courts can you find in the park?
10. Find a good place to take a few practice swings
11. Take a trip through the "Born Learning Trail" provided by United Way of Southern Kentucky and BKD SPAs and Advisors
12. Take a picture in front of the Wheelchair Tennis Program banner
13. Take a picture of your favorite flower in the park



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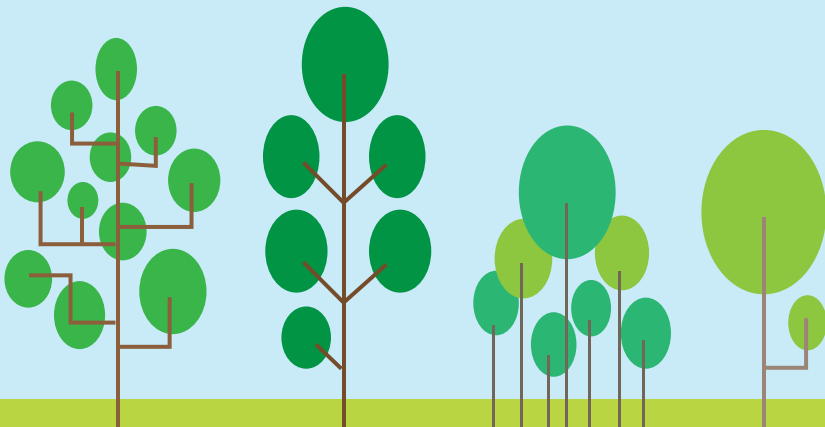
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## Scavenger Hunt @ Covington Woods:

1. Count the number of boulders behind the tennis courts. Take a picture climbing one!
2. Find the park gazebo
3. Find the park cornhole boards. Bring your own object to see if you can make one in!
4. Learn about the pioneer surveyor by reading the Historical Marker sign in the park
5. Find the Run for Sight start/finish line
6. Find the Paul Walker Golf course awning
7. Find the Arbor Day sign
8. Find a good tree to have a family picnic under
9. Find a good place to play kickball/baseball
10. Try your luck and find a four leaf clover!



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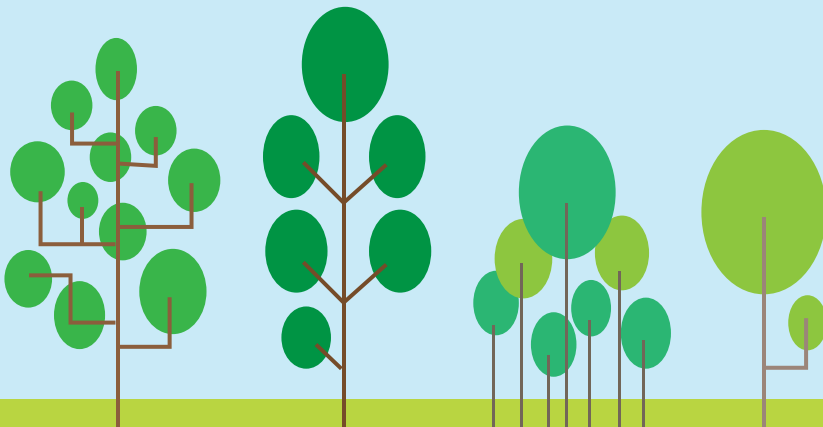
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## Scavenger Hunt @ Roland Bland/Lee Square:

1. Take a picture in front of the Wheelchair Tennis Program banner
2. Find the gazebo
3. Find the Roland Bland park dedication monument
4. Find a good place to play a game of horseshoes
5. How many water fountains can you find in the park?
6. Take a picture doing a tennis pose on the court
7. Read and learn who Ora Porter was and why the picnic shelter is dedicated to her — take a picture under her shelter



8. Find something that is the color red!
9. Find and take a picture of a leaf the size of your hand
10. Find your favorite tree in the park!



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