

# August

Civic Health Month • Water Month

**BINGO Challenge:** Try to complete five in a row, column, or diagonal, or fill the entire card! This month's activities help kids get back-to-school ready, understand water conservation, and stay connected with their communities.

Learn about your town's local water source	Start a "back to school" countdown calendar	Check out a library book on the environment	Make a new friend on the first day of school	Create a vision board for the school year
Write a letter to your future self	<b>8.12.25</b> Take a "City Hall Selfie" and post it with #CivicArkansas	Plan a family picnic at the park; make sure to bring water!	Take a walk and clean up your neighborhood	Draw a "Healthy Habits" poster
Pack a reusable water bottle for school	Create a journal for the new school year		Plan a back-to-school goal-setting day	Make a list of ways to save water at home
Join a new club or school activity	Make a back-to-school survival kit	Pick out a "first day of school" outfit	Take a "back to school" photo	Share a healthy snack with a friend and take a walk together
Write a "thank you" note for your bus driver or school custodian	Decorate your binder or school supplies	List at least 5 favorite healthy snacks	Try a new healthy recipe with family	Practice introducing yourself to new friends

