

# Let's Move Pittsburgh Bingo

Complete the fun, healthy activities below and try to get five in a row across or up and down.

Wore 3 different bright colors	Walked with a buddy	Sang a song while I walked	Played hopscotch with the cracks on the sidewalk	Mapped out a new route for my walk
Spotted 5 bus stop signs	Went for an electronics-free walk	Found 3 different colored leaves	Identified 5 green plants	Found something for every color of the rainbow
Reviewed the walk safety list with a friend	Drew a plant or animal I saw on a walk	FREE	Spotted 2 different animals	Found 4 different traffic signs
Spotted 6 red cars	Went for a morning walk	Went for a 15-minute walk	Gathered leaves to make a nature wreath	Planned a nature scavenger hunt for my walk
Found 2 bugs	Did the leaf walk workout	Found a speed limit sign over 25 mph	Saw 2 people walking a dog	Crossed 5 crosswalks

# Be Prepared Before Walking

## Follow these safety tips during your walk.

### Wear clothes that make you more visible to others.

- Wear brightly colored clothing.
- Wear reflective gear or use a flashlight at night.

### Plan your safest route. Safer routes have:

- Less traffic
- Slower moving cars
- More lighting
- Sidewalks

### Follow the rules of the road.

- Obey signs.
- Walk on the sidewalk when available. If there is no sidewalk, walk facing traffic and as far away from cars as possible.
- Cross streets at crosswalks where drivers expect pedestrians. Look for cars in all directions.
- Only cross at the crosswalk when the pedestrian signal tells you to.

### Safety tips for crossing the street:

- **Stop** at the curb or edge of the road.
- **Look left-right-left** for moving cars before stepping into the street.
- **Walk** do not run, skip, hop, or dance when crossing the street.
- **Stay alert!** Don't be distracted by electronics that take your eyes and ears off the road.
- **Never assume a driver sees you.** Make eye contact with drivers as they approach to make sure you are seen.



Traffic Safety Education Project

**Let's Move**  
Pittsburgh



United Way of  
Allegheny County  
Contributor Choice Program

**UPMC HEALTH PLAN**

**THE HEINZ ENDOWMENTS**  
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

**W. I. Patterson Charitable Fund**

Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsmovepittsburgh.org](http://www.letsmovepittsburgh.org)  
Download healthy lifestyle resources at [letsmovepittsburgh.org](http://letsmovepittsburgh.org).