

# Healthy Halloween Countdown



OCTOBER

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## Assemble your Paper Chain

Print out sheets and trim along dotted lines. Glue ends of today's strip together to make a circle  
Add each day's strip as a "link" to the chain. **Let the fun begin!**

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## Visit a Local Pumpkin Patch

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## Carve or Paint a Pumpkin

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## Enjoy a Sweet Cinnamon Roll

It's Cinnamon Roll Day!

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## Print & Color our Coloring Pages

[www.snohd.org/activities](http://www.snohd.org/activities)

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## Wear a Silly Hat

Mad Hatter's Day is celebrated 10/6.

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## SMILE

It's World Smile Day!

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## Update your First Aid Kit

Be ready for any Halloween bumps or “boo”-ses.

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## Fire Prevention Day

Use battery-operated candles or glow sticks in jack-o-lanterns instead of traditional candles.

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## Have a Spooky Dance Party

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## Bake and Decorate Cookies

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## Silly Selfies

Take a few silly selfies and send them to loved ones.

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## Brush & Floss

at least twice a day—October is National Dental Hygiene Month.

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## Gratitude

Write down 5 things for which you're thankful. Add to the list as you wish.

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## Global Handwashing Day

Stock up on your favorite scented soap and celebrate!

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## World Food Day

Experiment with growing food from scraps or trying an indoor garden.

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## Popcorn + Movie Scare-A-Thon

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## Creative Face Covering Check

Check your supply of face coverings. If any are damaged, discard and replace them.  
Personalize as you wish using fabric markers.

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## Support Local Small Business

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## National Suspenders Day

Make sure any excess Halloween costume fabric is held up off the ground to prevent tripping and falls.

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## Prevent Candy Confusion

Make sure any medications are securely up and out of the reach of children. Look through your medicine cabinet and properly dispose of old, expired medicines. Visit [med-project.org](http://med-project.org) to learn more.

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## Family Board Game Night

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## Read a Story Aloud

Explore your local library's online offerings.

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## Take a Nature Walk or Hike

Look at the different colors of leaves on the trees.

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## Paper Placemats

Decorate sheets of paper and use them as placemats.

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## National Pumpkin Day!

Savor a pumpkin-spiced beverage or muffin, it's National Pumpkin Day!

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## Get your Pet Ready

In honor of **National Black Cat Day**, get your pet ready for Halloween. Make sure they have a collar with updated tag and/or microchip, and put glow sticks, candles, chocolate and candies out of your pet's reach.

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## Check Masks & Costumes

Today is Lung Health Day—make sure costumes or masks don't contain latex, which can be an asthma trigger, and wash old costumes to get rid of dust and dust mites.

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## Scavenger Hunt at Home

Create a Candy Scavenger Hunt around the house...or hide candy-filled plastic eggs in your yard!

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## Nibble some Candy Corn

Nibble some candy corn in observance of National Candy Corn Day.

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## Have a Safe, Happy Halloween!