**Healthy Halloween Countdown**

1. **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!**

2. **Visit a Local Pumpkin Patch**

3. **Carve or Paint a Pumpkin**

4. **Enjoy a Sweet Cinnamon Roll**
   It’s Cinnamon Roll Day!

5. **Print & Color our Coloring Pages**
   [www.snohd.org/activities](http://www.snohd.org/activities)

6. **Wear a Silly Hat**
   Mad Hatter’s Day is celebrated 10/6.

7. **SMILE**
   It’s World Smile Day!
OCTOBER 8
Update your First Aid Kit
Be ready for any Halloween bumps or “boo”-ses.

OCTOBER 9
Fire Prevention Day
Use battery-operated candles or glow sticks in jack-o-lanterns instead of traditional candles.

OCTOBER 10
Have a Spooky Dance Party

OCTOBER 11
Bake and Decorate Cookies

OCTOBER 12
Silly Selfies
Take a few silly selfies and send them to loved ones.

OCTOBER 13
Brush & Floss
at least twice a day—October is National Dental Hygiene Month.

OCTOBER 14
Gratitude
Write down 5 things for which you’re thankful. Add to the list as you wish.

OCTOBER 15
Global Handwashing Day
Stock up on your favorite scented soap and celebrate!
World Food Day
Experiment with growing food from scraps or trying an indoor garden.

Popcorn + Movie Scare-A-Thon

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.

Support Local Small Business

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

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 to learn more.

Family Board Game Night

Read a Story Aloud
Explore your local library’s online offerings.
OCTOBER 24
Take a Nature Walk or Hike
Look at the different colors of leaves on the trees.

OCTOBER 25
Paper Placemats
Decorate sheets of paper and use them as placemats.

OCTOBER 26
National Pumpkin Day!
Savor a pumpkin-spiced beverage or muffin, it’s National Pumpkin Day!

OCTOBER 27
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.

OCTOBER 28
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.

OCTOBER 29
Scavenger Hunt at Home
Create a Candy Scavenger Hunt around the house...or hide candy-filled plastic eggs in your yard!

OCTOBER 30
Nibble some Candy Corn
Nibble some candy corn in observance of National Candy Corn Day.

OCTOBER 31
Have a Safe, Happy Halloween!