

2023 Healthy Halloween Countdown



OCTOBER

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!**

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2

Support Local Small Business

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3

Have a Spooky Dance Party

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4

Enjoy a Sweet Cinnamon Roll

It's Cinnamon Roll Day!

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5

Brush & Floss

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

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6

Wear a Silly Hat

Mad Hatter's Day is celebrated 10/6.

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7

Make a Card for a Loved One

Today is World Cardmaking Day

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8

Update your First Aid Kit

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

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9

Fire Prevention Week

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

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10

World Mental Health Day

World Mental Health Day exists to help raise mental health awareness. How do you care for your own mental health? How can you help others?

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11

Print & Color our Coloring Pages

www.snohd.org/activities

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12

Silly Selfies

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

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13

Popcorn + Movie Scare-A-Thon

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14

Take a Nature Walk or Hike

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15

Global Handwashing Day

Stock up on your favorite scented soap and celebrate!

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16

World Food Day

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

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17

Bake and Decorate Cookies

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18

Read a Story Aloud

Explore your local library's online offerings.

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19

Great Washington Shakeout Day

Are you and your family ready for an earthquake? Practice Drop, Cover and Hold in a Shakeout drill.

Visit <https://www.shakeout.org/washington/> for more information.

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20

Breathe Easy in your Costume

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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21

Visit a Local Pumpkin Patch

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22

Carve or Paint a Pumpkin

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23

Face Covering Check

Check your supply of face coverings. If any are damaged, discard and replace them.

For more information about masks, visit www.snohd.org/masks.

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Family Board Game Night

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25

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.

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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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Make A Difference Day

On this day of community service, think of something you can do for your neighbors and community. For ideas, visit www.randomactsofkindness.org/kindness-ideas

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Scavenger Hunt at Home

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

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30

Gratitude

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

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Have a Safe, Happy Halloween!