



Grid Quest

Fall 2026

Challenge yourself to get 5 in a row, or go for **BINGO!**

 Take a Fall Nature Walk	 Drink Water Every Day for a Week	 Read a Book Somewhere Cozy	 Try a New Sport or Activity	 Watch the Sunrise (or Sunset)
 Take Photos of Signs of Fall	 Make a Healthy Fall Snack or Recipe	 Do Something Kind for a Neighbor	 Create Something Inspired by Fall (Art, Music, Writing, etc.)	 Explore a Place You've Never Been Before in Your Hometown
 Try a New Stretch or Exercise	 Go Screen-Free for 2 Hours		 Make a Fall Playlist	 Have a Real Conversation With Someone You Love
 Go for a Walk, Run, or Bike Ride Outside	 Help Someone in Your Community	 Write Down 5 Things You're Grateful For	 Choose Water Over Soda All Day	 Watch a Documentary About Something You're Curious About
 Play an Outdoor Game or Try a New One	 Spend 30 Minutes Outside Without Your Phone	 Learn Something New (Anything!)	 Try Something You've Never Done Before	 Set a Goal and Take One Step Toward It Before Winter

MAKE THIS SEASON COUNT.

25 spaces. New experiences. One curious brain.

Share your progress and tag us!

  @BRAINGEMACADEMY