

75 HOURS OF PLAY



Sully challenges YOU to spend 75 hours playing outside!

Put down your devices! Play at the park, swim at Turtle Creek Waterpark, take a walk, or spend an evening playing in your backyard.

Everyone who completes 75 hours receives a prize and one participant will win a basket full of summer fun!

HOW TO PLAY:

May 26-August 10, fill in a circle for each hour that you played outside.

When you have reached 75 hours, email sully@vhparkdistrict.org. If you would like to be featured on Vernon Hills Park District social media, include a photo of your playtime.

Deadline to submit hours: August 14



The National Wildlife Federation recommends a “Green Hour” of outdoor time, the CDC recommends an hour of moderate physical activity, and the American Academy of Pediatrics advocates for an hour of creative playtime every day. So head outside and play!

PLAY LOG

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One Circle=One Hour of Outdoor Play

