

# Nature at home bingo

A bingo game to help you care for yourself & discover nature

Nature has many benefits for our mental health and wellbeing. During these challenging times, see if you can complete 5 in a row (across, up and down or diagonally) or all of these nature based activities. We hope this game and your encounters with nature (virtual, photographic, artistic or real) give you a boost.

Spy on an insect, what is it up to?

Count how many shades of green you can see outside.

Listen to a nature podcast.

Watch a flower closely for 10 minutes. Who comes to visit?

Stand outside with bare feet and feel the earth between your toes.

Write a poem for a favourite native species of plant, animal or fungi.

Spot as many species of wildlife as you can on a walk. Keep a tally.

Play a game of wildlife charades.

Close your eyes for a few minutes. What 'non-human' sounds can you hear?

Find some shapes in the clouds, then draw them.

Watch the sunset with no screens or other distractions.

Reminisce about a previous adventure you've had.

Go through photos from a previous nature adventure.

Put your hands on the trunk of a tree. What does the bark feel like?

Walk mindfully amongst as much nature as possible.

Stand amongst as much nature as you can. Take 20 deep breaths

Draw, sketch, or paint some leaves

Find out where your local waterway flows by following its course on a map

Watch the stars. Connect them up to make shapes or pictures.

Plant a native species of plant

Research a national park you've never been to before.

Stand in front of the mirror and make wildlife noises.

Call a friend and share your stories of wildlife encounters.

Find out 5 new facts about a native animal.

Watch a nature documentary.