

B	I	N	G	O
Stretch for 5 minutes before your walk	Ask someone about their hobbies	Find a twig that looks like a "Y"	Spot a garden on your walk	Share a joke with someone
Do 10 star jumps	Spot kids playing	Spot a blue building	Ask someone what plans they have for the summer break	Spot a squirrel
Take some deep breaths and notice how you feel	Be silent and listen to nature/the park sounds	Find something in nature that is yellow	Find three different types of flowers on your walk	Spot a shape in the clouds while on your walk
Jog in place for 30 seconds	Spot a dog	Find an insect	Speak to someone you don't normally spend time with	Do 10 lunges
Spot a rabbit	Drink water	Tell someone what you're looking forward to doing at the weekend	Find a fallen branch	Find animal tracks

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