



# Nature-Based BINGO

Experiencing nature, even close to home, offers a lot of benefits. Being near animals, plants, and natural land can relieve stress, improve our mental health, motivate us to eat healthy and be physically active, and make us feel more connected to others.

Celebrate the natural world around us this Earth Day and every day using this handy BINGO card filled with nature-friendly activities.

E	A	R	T	H
 <p>Count how many shapes you see in the clouds</p>	 <p>Dance to your favorite Earth Day song or playlist</p>	 <p>Make a do-it-yourself birdfeeder</p>	 <p>Listen to the wind or thunder outside; share how you feel as a family</p>	 <p>Write a poem about the Earth and share with an elder over the phone</p>
 <p>Go on a virtual national park tour</p>	 <p>Use modeling clay (or make your own) and sculpt an imaginary animal</p>	 <p>Write 3 reasons you are grateful for nature</p>	 <p>Read a book in your backyard or next to your window</p>	 <p>Practice some yoga poses in your favorite outdoor spot</p>
 <p>Create a sidewalk chalk obstacle course</p>	 <p>Share a picture of you and your family in nature on social media (tag @HealthierGen)</p>	<h2>FREE</h2>	 <p>Walk barefoot in the grass with a family member</p>	 <p>Find 3 different types of birds or insects</p>
 <p>Plant an indoor herb to use in the kitchen</p>	 <p>Play a game of wildlife charades</p>	 <p>Smell a flower, breathe deep and practice mindfulness</p>	 <p>Design a nature journal</p>	 <p>Draw or paint a picture of something near you outside</p>
 <p>Mail a "Happy Earth Day" postcard to a family member</p>	 <p>Find natural objects in each color of the rainbow</p>	 <p>Pick up 3 pieces of litter in your environment</p>	 <p>Count the number of star constellations you can identify in the night sky</p>	 <p>Create a family plan to reduce, reuse and recycle</p>