recycle

the night sky



family member

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.

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

environment

rainbow