

Mindful WALK BINGO

Head out for a walk - even if it's just down the street. Really notice nature and the natural things around you. You could plan a route or just see how far you get, seeing some of the items below. Or just go with the flow. Enjoy!



Flight



Resting



Tree Canopy



Evergreen



Scented



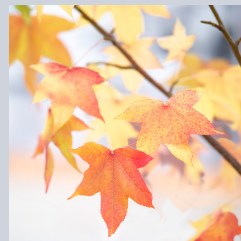
Herb



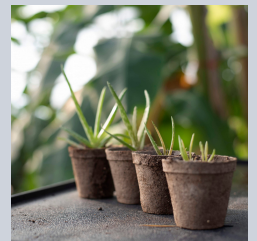
Seeds



Edible Berry



Leaf



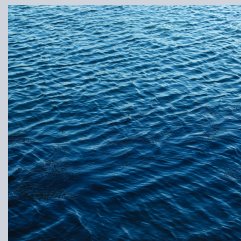
Planter



Insect



Berries



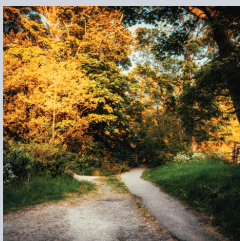
Water



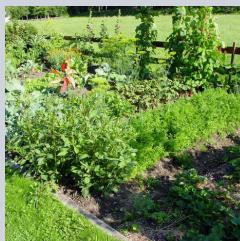
Web



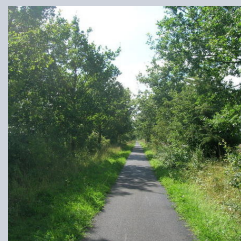
Dog Walk



Trees



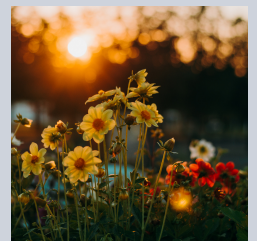
Vegetables



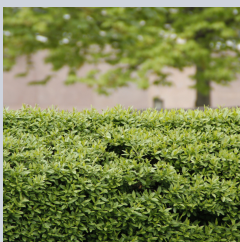
Leafy Path



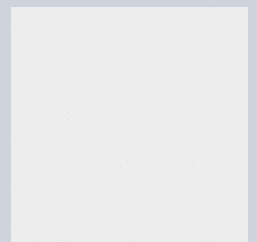
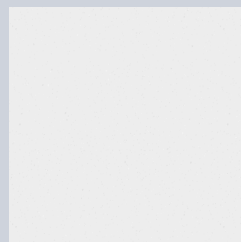
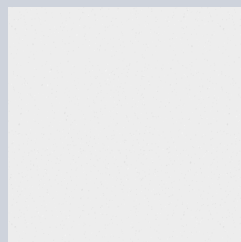
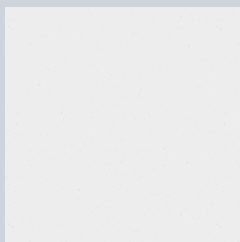
Fruit Tree



Flowers



Hedge



What else did you see / feel / hear / smell?