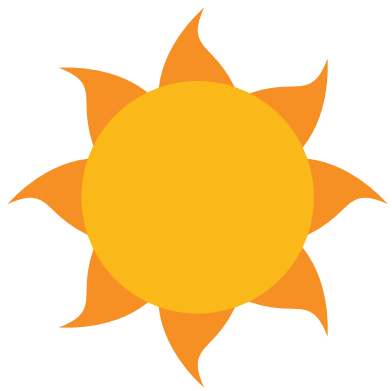


# Mindful Walk Bingo

Take a stroll around your neighbourhood and complete a row of 4.  
Your rows can be horizontal, vertical or diagonal.


Extension: Can you complete them all?




Feel the sun  
on your face



Walk barefoot  
on the grass



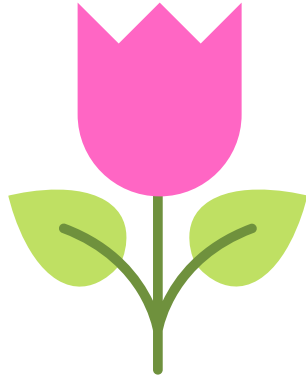
Name a shape  
in the clouds



Name a sound  
you can hear



Find a door  
number with 2



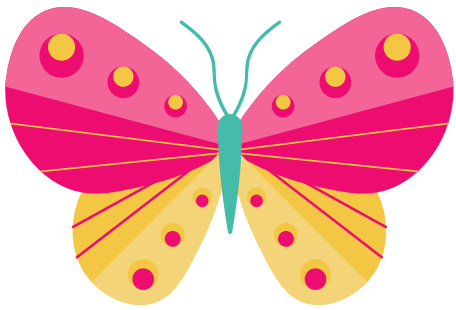
Find a pink flower



Find a blue car



Notice the sun shining  
through a leaf



Spot a butterfly



Find a yellow leaf



Find the letter A



Name something you  
can smell



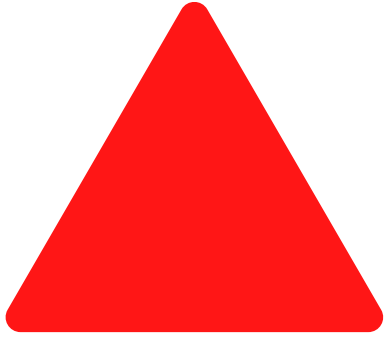
Find something  
unusual



Find a car plate  
with the first letter  
of your name



Hug a tree



Find a triangle