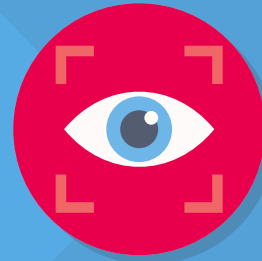


Walking Bingo





Mindfulness Activity

This is an activity to help you feel relaxed and take in your surroundings.

It's best to do this activity outside in nature, maybe somewhere new but you can do it anywhere.

Take some deep breaths and take your time completing this sheet.

1

List 5 things you can **see** (for example: flowers, a dog).

2

List 4 things you can **touch** (for example: a park bench, your bag).

3

List 3 things you can **hear** (for example: an aeroplane, trees blowing in the wind).



Mindfulness Activity



4

List 2 things you can smell (for example: freshly cut grass, BBQ).

5

List 1 thing you can taste (for example: chewing gum, ice cream).



Lockdown Bingo

We've all been spending much more time at home recently.

How many of these activities have you done these past few months?

Tick off the activities you have completed. This might help give you some ideas to try something new.

Watched a new film

Video called my buddy

Started a new hobby

Drawn a picture

Joined a Gig Buddies social

Read a new book

Baked something

Listened to a new band or artist



Walking 'Gig' Bingo

To have fun when you're walking, why not see how many things you can spot. Tick them off as you find them. You can do these with your buddy, a friend or on your own.

If you are walking with other people, split the items between you and see who can finish first!

Don't forget to shout 'Bingo' when you have found them all.

Cinema

Theatre

Restaurant

Bar

Shop

Pub

Coffee shop

Dessert Bar

Park

Tree

