

# Walking Bingo

Take a walk (try your local village or the nearest local National Trust property if you fancy a change of scenery!) and look around for all of the things on the bingo sheet.

You can print this page out, draw it out, jot down the things to find, or take a photo on your phone.

When you see an item tick it off. Who will be the first to spot all the items on the sheet?

## Variations

Create your own versions with 9 items you might see or hear on your daily walk. Make one for each person in your family (each card can contain different things).

Post box 	Bicycle 	Bollard 
Yellow flower 	Dog 	Bus 
Bench 	Seagull 	Scooter 



# Power breathing & poses

By learning Big Belly Breathing exercises and Super Power Poses you will find ways to make you feel more relaxed and energised



## SUPER POWER POSTURE

Find a great view. Stand with your feet hip width apart or wider. Hands on hips and arms bent. Keep your back straight and stand tall. Look at the world around you. You are now in Super Power Pose. Hold this for 60 seconds.

Try putting 1 arm or both arms up in the air making a large X or with your feet together a Y shape. How does this make you feel?



Photo credit: This Glorious Life (Family Blog)

## BIG BELLY BREATHING

By breathing in from our belly we get more oxygen in our bodies giving us more energy when out during a walk or cycle ride.

### Step One

Breathe through your nose not your mouth.

Fact: When we breathe through our mouth we take in less air and so our hearts beat faster. If we have more air in our bodies we can play more easily and run up hills or sing for longer. Why not test this out?



### Step Two

Put your hand on your belly and your chest, breathe through your nose, four seconds in and four seconds out. You should feel your belly get bigger and smaller but your chest should be still.

Tip: Imagine your belly is a balloon. When you breathe in, fill it up including your sides, and when you breathe out the balloon is shrinking

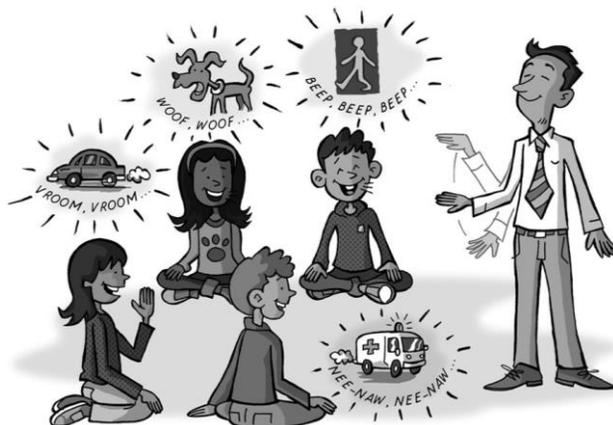


# Soundscapes

Head outside, for a walk or into your garden, and take a moment to stop for a couple of minutes to create a sound map of what you can hear. You can either draw or write down what you hear

You will need

- A scrap bit of cardboard/paper & pencil
- Art materials (optional)



## Activity

- Draw yourself in the middle and stop and listen for 2 minutes.
- Mark on the card the sounds that you can hear and where they are coming from.



Here is an example of a sound map

Why not make two sound maps, one today and one later on in the week to see if you notice anything different during each outing!



# 'Take 5'

## Sensory Discovery



On any active journey such as a daily walk or a family bike ride, find a safe place to stop to admire your environment.

Make sure you aren't blocking a path or route for other users. You could also do this activity in your garden or looking out a window.

Take your time to look around and admire the world around you. Slowly work your way through the list in your own time counting off items for each sense before moving onto the next sense.

NAME..	
5	things you can <b>see</b>
4	things you can <b>hear</b>
3	things you can <b>feel</b>
2	things you can <b>smell</b>
1	thing you can <b>taste</b>

*Print this sheet out and take the list with you, take a photo of it on a phone, or write down the list to take out with you*



When noticing things you can feel, it's best to wash your hands using hand sanitiser or soapy water as soon as possible.

We recommend thinking about the textures you can see such as prickly leaves or a fluffy dog.

Can you notice the feeling of your feet standing on the ground, or the breeze on your face?

You can do this exercise at anytime, anywhere to help focus your mind on the positive world around you.



# Rainbow Quest!

Head outside, for a walk or into your garden, and look for colours in nature or in human-made objects.

You can just look for the colours, or take photos, or scribble down the things you spot and draw or paint them when you get home.

Find something of each colour...

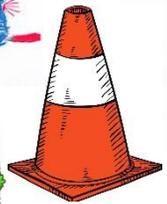


Red, Orange, Yellow, Green, Blue, Indigo, Violet

Or lots of one colour...



Or do some doodles...



Or write an acrostic poem...

**R**ed car on my street  
**A**round my garden, green trees  
**I**n every cobweb, a whole rainbow  
**N**obody likes litter ☹️  
**B**right sunshine, blue sky  
**O**range traffic cone  
**W**ellies, bright yellow!

