



Big Pedal 2021

# Mindful travel: walking bingo



## Objectives

For students to look for things around them that make them feel happy.

To be more aware of and appreciate their surroundings.

## Session plan

This is a chance for students to explore the world around them and get away from screens for a while.

Whether it's what they can see out of a window, in the garden, or on a walk, they should look for things that make them feel happy of all different colours.

Explain the activity, and talk through how students should record their finds. They could use colouring pencils to draw the things they find, they could collect items if appropriate, or take photographs.

They can display what they find in different ways to share with each other.

### Extension

Students could come up with other themes for a treasure hunt.

### At home adaptation

This can just as easily be done at home, as it can in a school playground, field or classroom.



### Time needed

15-30 mins (or for as long as your walk takes)



### Resources needed

Pen or pencil

Paper or a printout of the resource sheet

Colouring pencils or pens (optional)



### Solo/Group activity

Both

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## Worksheet



## Instructions

This activity is going to help you look for all of the wonderful things that are around you. Wherever you are, look out for things that make you feel happy.

If you can go out into your garden or for a short walk, see what you find in those different places. If not, why not look in your room, or another room in your house? Try to find things in all the colours of the rainbow.

Write them in a list, draw them, or photograph them when you find them.

Colour	Item(s) found
Red	
Orange	
Yellow	
Green	
Blue	
Dark Blue	
Purple	