

Big Pedal 2021

Mindful travel: walking bingo

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	