



STEP UP FOR NATURE BINGO



Catch the sunrise or sunset



Find a new wild space near you



What birdsong can you identify?



Take a walk in a woodland



Look out for wildflowers



Become a nature photographer!



Collect wild treasures



Identify trees on your walk



Skip the gym and exercise in nature



Nature clean-up



Take a walk by a body of water



You decide! how you want to connect with nature today?



Engage your senses



Be more beaver (or hedgehog)



RULES & ACTIVITY DESCRIPTIONS

Each activity can be undertaken on a day that suits you (or the weather). Try and check off all 14 activities during the 14-day campaign which starts on Earth Day (22nd April - 5th May), whilst racking up as many steps as you can!

Follow along and share how you are Stepping Out for Nature with the #STEPOUTFORNATURE

Activities Explained:

1. Could you connect with spring by seeing how many wildflowers you can spot?
2. Find a new wild space near you - a nature reserve or a new park to walk in and explore.
3. Listen out for birdsong. How many different calls can you hear on your walk?
4. Greet the day and take a walk with the sunrise; more of a night owl? Take a stroll as the sun sets instead.
5. Become a nature photographer and take photos on your walk and share them with us.
6. Skip the gym and get active in nature instead.
7. Free square - You decide how you want to get your steps up and connect with nature today!
8. Most places, from cities to suburbs, have a place you can be amongst the trees, head to your nearest woodland (or forested area) and try forest bathing (the simple act of being quiet, calm and mindful amongst the trees).
9. Clean up your local park, beach, forest or green space with a litter pick. (Remember to take gloves and any appropriate health and safety materials).
10. Identify different species of trees you see whilst out walking.
11. Be more Beaver (or hedgehog). Beavers can travel 10 or more miles looking for a suitable habitat to live in, can you walk 10 miles in a day? For those who are walking impaired, elderly or completing the challenge with small children, hedgehogs travel between 1.2-1.8 miles instead.
12. Collect wild treasures like feathers, shells or leaves.
13. Find a body of water near you such as a lake or a river.
14. Mindfully connect wherever you are. Take out the headphones, put down the phone and mindfully immerse yourself in the sounds, sights and smells of nature all around you. What have you previously missed?

