

# bonus nature bingo



As an optional opportunity to earn one bonus entry into the challenge prize drawing, you can play Nature Bingo! Mark off the squares as you complete the activities below.



Get 5 in a row and submit at least one picture of your activities to the Atlantic Wellness Webex group chat.

(Contact Becca Schusler at [beccas@atlanticpkg.com](mailto:beccas@atlanticpkg.com) to be added if you are not already a member)

Once completed, submit this bingo card along with your challenge calendar by taking a picture and uploading it to the Wellright Portal, give it to your Branch Wellness Coordinator or send it to [wellness@atlanticpkg.com](mailto:wellness@atlanticpkg.com) by **Wednesday, May 6th**.

## NATURE MOMENT:

sit outside and listen to the birds – how many can you identify?

take a bike ride

## LITTER ALERT!

find & pick up anything styrofoam

spend time in your garden

sit outside for 10 minutes with no phone

walk a pet (or borrow a friend's) and explore a new area

explore a local park or nature trail

## NATURE MOMENT:

observe the moon at the same time each night for a week and see how it changes

cook out in the backyard

**LITTER ALERT!**  
find & pick up plastic cutlery, cigarettes, or fast food containers

take a hike with a friend

take a meeting or phone call outside

**FREE SPACE**

spend 10 minutes near water – a pond, fountain, lake, or stream (no equipment needed)

watch a sunrise or sunset

## LITTER ALERT!

find & pick up plastic shopping bags, candy, or food wrappers

shop at the local farmer's market

eat a meal outside

## NATURE MOMENT:

go stargazing on a clear night – how many constellations can you find?

read a book under a tree or on a bench

take a walk on your lunch break

## NATURE MOMENT:

let out your inner photographer! take at least 5 pictures of nature around you

enjoy outdoor entertainment – music, a festival, or a community event

go fishing

**LITTER ALERT!**  
find & pick up plastic cutlery, cigarettes, or fast food containers