



Nature Bingo!

Use this Nature Bingo card to see how many things you can spot on your Daily Mile. Tick them off as you find them. Aim for a complete line, column or a full house. You can also use the blank template to create your own nature bingo.

Can you spot... An evergreen tree	A bird in flight	A brown leaf	The sound of a bird singing
Something rough to the touch	A bush/tree with berries or flowers	A bird in a tree	A dog on a walk
A spider's web	A green leaf	A flower	Something that makes a noise when you stand on it
A squirrel	A beetle or spider	A rabbit	A butterfly or moth

We would love to hear about how you are achieving your Daily Mile and how this makes you feel. Tell us your stories by emailing thedailymile@northlincs.gov.uk. Any submissions will be go into a prize draw, details of which can be found at www.northlincs.gov.uk/nlactive/fitforlife. Further information and resources can also be found here. **#NLActive #NLgetmoving #Fitforlife**