

Nature Bingo



Objective: The aim is to encourage elderly to explore nature in a fun way.

Preparations:

- Create or acquire nature bingo cards.
- Bingo is played outdoors; find a safe natural location, such as a park, garden or forest walk for the task.
- Bingo can be played alone, in pairs or with a group.

Nature bingo:

- Gather a group of participants
- Distribute bingo cards and pens to them and encourage them to go on a nature walk together and look for the objects on their cards.
- When participants find an object, they mark it on their tray.
- The goal is to get five straight lines, either horizontally or vertically.
- After getting a straight line, the player shouts "bingo".
- After the game, participants can get together and discuss their experiences and what they have discovered in nature.



Time :

The time of the activity can vary depending on the length of the walk and how quickly participants find the different objects on their bingo cards.. The activity can take between 20 minutes and an hour.



Alone or in a Group:

This is a group activity.

Example of nature bingo bricks:

- <https://www.fairfaxcounty.gov/parks/sites/parks/files/assets/documents/virtual/nature-bingo.pdf>
- <https://www.massaudubon.org/places-to-explore/activities/family-fun/nature-play/nature-bingo-scavenger-hunts>

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal