

Bingo! Board Details and Information

1.	Hiking is a great form of exercise and can be as basic as embarking on an “awareness walk.” Be sure to pace and hydrate yourself as you explore the outdoors while using all of your senses.
2.	Visit https://blog.feedspot.com/nature_blogs/ for some fascinating nature blogs. In the meantime, feel free to write one of your own.
3.	Paying it forward is one great way to give back to society. Visit https://modpodgerocksblog.com/rock-painting-ideas/ to learn more about Kindness Rocks and how they can help make compassion contagious.
4.	Record sounds in your neighborhood while trying to tune out “human noise”. The best time for this is summertime around dawn or dusk.
5.	Visit https://www.diynetwork.com/how-to/outdoors/gardening/how-to-start-a-compost-pile to learn how to create a compost. Composting is an organic way to help plants thrive.
6.	Visit the following link to read a non-fiction article about nature: https://www.nationalgeographic.com/magazine/2016/10/unplugging-the-selfie-generation-national-parks/
7.	Find a special place in nature that is away from life’s stressors and use that area to decompress.
8.	Hold out for a fairly windy day and find an open space to fly a kite.
9.	Build a sandcastle by using sand and other natural items such as sticks, pebbles, shells, etc.
10.	Make time to play with a younger child without the use of electronics. Instead, engage in the outdoors.
11.	Many of our elders cannot relate to our fixation with electronics. Put your phone away and enjoy each other's company. You may learn something new from your conversation.
12.	Visit https://www.homedit.com/how-to-make-your-own-wind-chimes-15-amazing-ideas/ to gather ideas on how to create your own wind chime.
13.	Visit Bectonhs.org Summer Experience/Reading tab for the required list of literature. <i>Expect a future assignment related to your short story or poetry upon returning in September.</i>
14.	Watch the following Ted Talk and enjoy the beauty of the natural world. https://www.ted.com/talks/louie_schwartzberg_hidden_miracles_of_the_natural_world#t-274142
15.	Combine your observations during a nature hike and create a haiku. Use the following site for guidance: https://www.powerpoetry.org/actions/how-write-haiku-poem
16.	Take the time to help clean up parts of your neighborhood or help discard trash around you while visiting a beach. #trashyselfie (Check it out Instagram)
17.	Enjoy food and refreshments in the outdoors with a picnic or tea party.
18.	Look up a local farmer’s market and create a recipe that includes at least one fresh ingredient.
19.	Try to ‘tackle’ a fresh catch of fish while taking in the outdoors.
20.	Gather some rocks or pebbles and have each illustrate a word or simple piece of art. Arrange them to form a poem.
21.	Set up a tent as close as in your backyard and enjoy the thrill of camping under the stars.
22.	Watch the video on how to create a terrarium https://www.realsimple.com/home-organizing/gardening/indoor/how-make-terrarium or simply plant seeds to grow a garden, flowers, or tree in your area.
23.	Brainstorm words and lyrics related to nature and construct a song from your heart.
24.	Become active by playing an outdoor sport with others. Not feeling athletic? Have someone try to teach you how to play.
25.	Design a house with pencil and paper, a computer, or 3D printer that reflects simplicity, self-reliance, and the use of natural materials.