



When was the last time you slowed down and really noticed what was happening in your own backyard?

Backyard Nature Bingo is a simple activity designed to help you spend a little time outdoors, notice the small things and reconnect with the natural world around you.

Whether you complete it on your own, with your children, grandchildren, partner or friends, this activity is a fun way to explore, discover and enjoy a little fresh air.

As you search for each item, you may find yourself paying closer attention to the sights, sounds and tiny details that are often missed when life feels busy.

You might spot a butterfly resting on a flower, hear birds singing nearby, discover an interesting leaf or notice a busy little ant going about its day.

The goal isn't to rush through the list.

It's to slow down, look around and enjoy the experience.

Nature has a wonderful way of helping us feel calmer, more present and connected to the world around us.

So grab your bingo sheet, head outside and see what treasures you can find.

Have fun, stay curious and remember...

Sometimes the smallest things are the ones worth noticing.

Why Try Backyard Nature Bingo?

Encourages time outdoors

Helps you notice the little things

A fun family activity

A gentle break from screens

Encourages curiosity and exploration



BACKYARD NATURE BINGO



Take a slow look around your backyard, garden or local park.
How many can you find?

 Ant	 Bee	 Flower	 Cloud
 Feather	 Interesting Leaf	 Butterfly	 Something Yellow
 Spider Web	 Seed Pod	 Beetle	 Mushroom
 Lizard	 Interesting Rock	 Something White	 Little Hole

BONUS CHALLENGE!

Can you also spot:



Unusual Animal



Cat



Dog

What did I notice today that I might have missed
if I was rushing?

What was your favourite thing you found?

SLOW DOWN • NOTICE MORE • ENJOY NATURE ♥

