



HEARTY ROOTS BINGO CHALLENGE

This Fall and Winter, we invite you and those closest to you to use this bingo card as inspiration to **GET OFF THE GRID & INTO YOUR HEART!** Our bingo challenge offers a range of activities from nature exploration to journaling, all with the goal of promoting wellness and resilience in our community and beyond. While we encourage everyone to complete all of the activities below, once you've created five in a row, column, or diagonal, send us a picture of you holding your completed bingo card and you'll be entered in a raffle to win a free overnight at Midcoast Conservancy's Hidden Valley Nature Center! Check out our website for more information about this challenge and the activities! Email jess@heartyroots.org with any questions.

Visit 3 Local Preserves	Write a Hearty Roots Acrostic Poem	Learn 3 Outdoor Knots	Do a Weather Report Check-in at Dinnertime	Practice Taking 5 Deep Breaths Everyday For a Week
Complete Five Rounds of Sun Salutations	Start a Gratitude Practice and/or Gratitude Journal	Visit a Beach in the Winter	Create Your Own Hero!	Identify & Learn About 3 Constellations
Identify 3 Different Animal Tracks in the Mud or Snow	Go Camping, Mountain Biking, Skiing, or Snowshoeing	Share a picture of you completing any of these activities.	Nature Clean-up! Pick up 25 pieces of trash	Share Your Rose, Bud, and Thorn of Your Day or Week
Draw or Recreate Your Favorite Nature Memory	Responsibly & Safely Build a Fire (Enjoy a S'more or Hot Cocoa While You're at it!)	Create Your Circle of Control	Share an Adventure at Hidden Valley Nature Center	Have a Healthy Snack & Practice Mindful Eating
Adopt a Tree!	Do a 5 Senses Mindfulness Exercise at Your Favorite Nature Spot	Create a Nature Mandala	Spot 5 Different Species of Birds in Your Neighborhood	Build a Fairy House or Survival Shelter

 Local Adventures

 Nature Nuggets

 Outdoor Activities & Skills

 Mindfulness & Yoga

 Reflection & Journaling

 Creative Expression