

The 'Just Getting Started' Bingo

Get dressed to go outside	Walk to the end of the street and back	Walk to your top 3 favourite songs
Walk 100 steps	Set a time to go for a walk and follow through with it	Walk slowly, breathe, notice the environment around you
Choose a destination to walk too	Tell your walking plans to family or a friend	Walk to a friend or family members house

The 'Mindfulness' Bingo

<p>See something nice on your walk? Take a picture of it and share it with: graham.cossar@ramh.org</p>	<p>Walk to your favourite playlist, podcast or audiobook</p>	<p>While walking, note how your body feels, relax your shoulders, slow down your breathing. Notice your walking speed and rhythm</p>
<p>Write a mindfulness journal entry after your walk, here is a template you can follow: Link</p>	<p>Note the sounds you hear while walking</p>	<p>Change up the scenery... Walk somewhere new, take in the sights and sounds</p>
<p>A-Z walk...try take a note of something you see for every letter in the alphabet</p>	<p>Signs of the season...Look for signs of the current season (example for winter: Christmas lights, snow, falling leaves)</p>	<p>Buddy walk...ask a friend or family member to walk with you, really engage with them... actively listen to them and have thoughtful responses</p>

Go Out and Explore Bingo

“Choose a day and choose your way”

Wallace Monument—
Elderslie



Renfrew War Memorial/
Town Hall



Dams to Darnly
Country park



Rouken Glen Park



Free square, You
choose where you
want to go

Paisley Museum & Art
Gallery



RAMH Community
Garden



Paisley Abbey



Visit a train station



The 'Social interaction' Bingo

Say hello to someone on your walk	Go to a cafe or shop you have never been before	Give someone a compliment
Show a random act of kindness	Walk down a street you never have before	Go for a walk with a friend or family member or simply phone them on your walk
Ask someone about their dog	Ask someone for a walking route recommendation	Smile at a stranger