



Outdoor Grounding BINGO

Why play BINGO? When we hunt for specific sensory experiences in nature, we are practicing active orientation. This pulls the brain out of survival mode (where it worries about the future) and anchors it into the present moment (where it can actually rest). By finding these items, you are literally teaching your nervous system that the world around you is safe, interesting, and supportive.

Outdoor Grounding BINGO

Month: _____

B	I	N	G	O
Find a somatic anchor (like a stone)	Touch something rough (like bark)	Hear a bird singing	Spot something bright yellow	Take 3 deep breaths in the wind
Smell a "green" scent (like grass)	Feel the sun on your face	Find a "V" shape in the trees	Find a feather or a seed pod	Touch something smooth (like a leaf)
Spot a huge tree (the biggest one!)	Hear the sound of moving water	FREE SPACE: 1 minute of Barefoot Earthing	Smell the Earth after rain or dew	Sit in stillness for 60 seconds
Feel cool air on your skin	Find something tiny (like an ant)	Spot a cloud shape	Hear a sound far, far away	Touch something cold (like a Pebble)
Do 5 Heel Presses in the dirt	Find an interesting shadow on the ground	Spot a sign of the season	Smell a flower or plant	Say: "I am grounded and safe"

I am an explorer of calm. I find beauty in the details and strength in the Earth.

Outdoor Grounding BINGO

How to Play

Take this sheet outside—to your backyard, a park, or even a walk around the block. Your goal is to find five in a row (across, down, or diagonal) to get a BINGO. For a challenge, try to clear the whole board over a weekend!

For Bonus Play:

If you are a parent, play this game along with your kids!

- Turn it into a race or a silent scavenger hunt.
- For the Teens: Encourage them to take photos of the items they find to check the boxes.
- For Yourself: Use the Free Space (Earthing) as your primary reset. Don't rush—the magic is in the sensing, not the winning.

When you're done with your BINGO board, take a picture of it and tag us on Facebook or Instagram! We would love to see your progress!

Crystal Moon Lotus

“A regulated center is the foundation upon which every unique mind can grow.”

