



Botanic Gardens Week 2026
Where Your Health Grows

BINGO CARD

Research shows that time in nature can reduce stress hormones, improve mood, concentration and support overall wellbeing. Even short periods in green spaces can have measurable benefits. Challenge your friends/family to this game of bingo and know you're supporting your physical, mental, and social health.

Sit under a tree for 3 minutes	Smile at someone	Listen for a bird call
Take off your shoes & feel the ground beneath you	Jog on the spot	Find a spiral pattern
Smell a flower	Say hello to a staff member or volunteer	Spot a pollinator



Botanic Gardens
AUSTRALIA & NEW ZEALAND

