



Mindfulness

NATURE SCAVANGER HUNT

Spending time in nature makes us feel happier and more connected. We can connect with nature by simply being fully present outdoors. Studies have shown that making a connection with nature is good for our mental health. Now is a great time to check in with yourself. Let's reduce our screen time and connect with the magic of Mother Nature.

Instructions:

- Print out the list.
- Enjoy the outdoors and try to find the items listed.
- Take your shoes off, feel the earth and feel the wind on your skin.
- Listen – What can you hear? Can you hear any birds? Can you hear the wind?
- Smell – Smell some leaves, a flower or bend down and smell the earth.
- See – What can you see and find? Don't forget to look up at the clouds.

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|--|---|
| <input type="checkbox"/> A feather. | <input type="checkbox"/> A spider web. |
| <input type="checkbox"/> 3 different kind of leaves. | <input type="checkbox"/> A dandelion. |
| <input type="checkbox"/> Something blue. | <input type="checkbox"/> An herb or vegetable garden. |
| <input type="checkbox"/> A strange twig or stick. | <input type="checkbox"/> A native bird. |
| <input type="checkbox"/> A white flower. | <input type="checkbox"/> A butterfly. |
| <input type="checkbox"/> A pinecone. | <input type="checkbox"/> Something with a number on it. |
| <input type="checkbox"/> A triangle shaped rock. | <input type="checkbox"/> A funny street sign. |
| <input type="checkbox"/> A ladybug. | <input type="checkbox"/> Something red. |
| <input type="checkbox"/> A flower pot. | <input type="checkbox"/> A worm. |
| <input type="checkbox"/> A tiny pebble. | <input type="checkbox"/> A frog. |
| <input type="checkbox"/> A Caterpillar. | <input type="checkbox"/> A garden hose. |
| <input type="checkbox"/> A piece of bark. | <input type="checkbox"/> A snail. |
| <input type="checkbox"/> Footprints. | <input type="checkbox"/> A puddle. |
| <input type="checkbox"/> A birds nest. | <input type="checkbox"/> A light post. |
| <input type="checkbox"/> A strangely shaped cloud. | <input type="checkbox"/> Something yellow. |

Please be sure not to trespass on private property and don't forget to get your guardians permission before you go exploring.

Please leave everything where you find it – In nature everything has a place and function.

