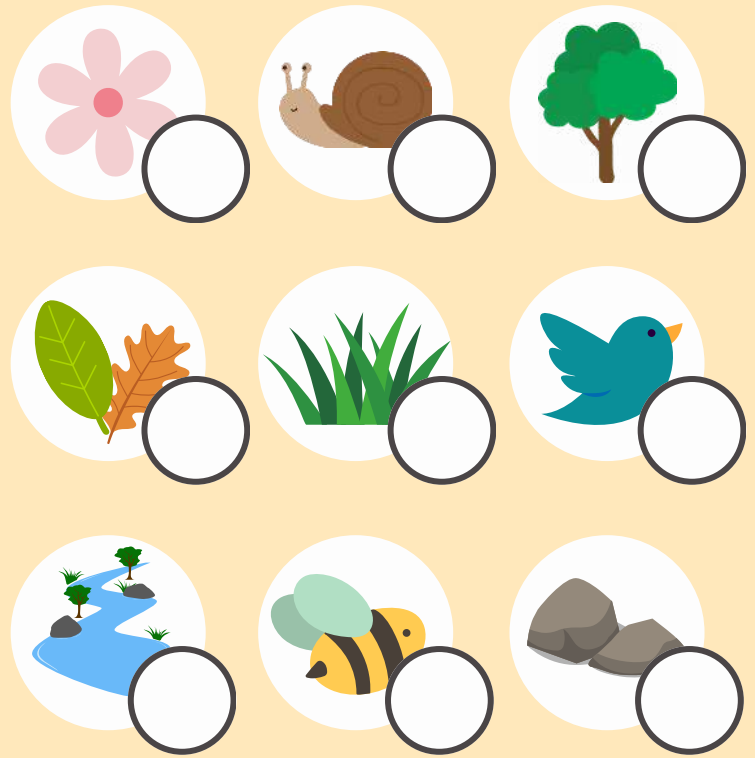


Nature Scavenger Hunt

Can you go for a walk in and around your **local park or green space** and see if you can **feel, smell, see** or **hear** some of the things on this sheet? Tick them off as you go. Have a lookk below for more challenges!



Fun facts...

Did you know walking in **nature** has been found to help with mental health problems such as **anxiety** and **depression**.

Walking also contributes to **daily recommended exercise** for people of all ages and fitness levels.

List of challenges while you walk...

- Hop, skip, run and jump
- Play 'I Spy'
- Walk a lap of the park
- Counted your steps
- Play follow the leader!
- Walk with friends or family
- Plan or map out a new walk!

If you enjoyed these challenges we would love to see you post a picture on social media using the hashtag: **#PARKNATUREHUNT**

