


Nature Walk Scavenger Hunt

Mindfulness in Nature

What do you smell? 

- Something sweet: _____
- Something musty: _____
- Something stinky: _____
- Something fruity: _____

What do you hear? 

- A bird chirping.
- A dog barking.
- Traffic.
- An insect _____
- Something loud: _____
- Something quiet: _____
- Something manmade: _____
- Something nearby: _____
- Something far away: _____

What do you see? 

- Something tall: _____
- Something tiny: _____
- Something that flies: _____
- Something walking: _____
- Something running: _____
- Something colorful: _____
- Something bright: _____
- Something beautiful: _____
- Something in the sky: _____
- Something with spots: _____

What do you feel? 

- Temperature: _____
- Something soft: _____
- Something bumpy or rough: _____
- Something smooth: _____
- Something spiky: _____
- Something you can climb: _____
- Something hard: _____
- Something delicate: _____
- Weather: _____
- Something slippery: _____
- Something wet: _____
- Something cold: _____

What made you happiest in nature today?

Nature Walk Scavenger Hunt Bingo Board

Mindfulness in Nature

 <p>Leaves</p>	 <p>Feather</p>	 <p>Worm</p>	 <p>Pinecone</p>	 <p>Bug</p>
 <p>Mushroom</p>	 <p>Moss</p>	 <p>Flower</p>	 <p>Bark</p>	 <p>Blade of Grass</p>
 <p>Spider Web</p>	 <p>Bird Flying</p>	 <p>Clouds</p>	 <p>Sun</p>	 <p>Squirrel</p>
 <p>Animal Footprints</p>	 <p>Log</p>	 <p>Boulder</p>	 <p>Tree Roots</p>	 <p>Ant Colony</p>
 <p>Tree Stump</p>	 <p>Dandelion Puff</p>	 <p>Signs of a breeze</p>	 <p>Ivy</p>	 <p>Shadows</p>