

Natural Ways to Wellbeing

Nature Explorer

What will you find on your walk?

Nature is all around us. Wherever you go there is always something to see and hear throughout the year.



Can you find....(Please tick)

Something Soft

Something Loud

Something Small

Something Big

Something Colourful

Next:

- Make a list of things that you found
- Count how many of each you found
- Where did you find them?

Extra challenge! When you get home, look up all the different kinds of animals that live in your area and compare that to the ones that you saw out on your animal count.

You can make a checklist and set a goal to see most or all of the different that live in your area.