

Nature Walk

There are so many different elements to nature, sometimes all we need to do is slow down and take a look.

Background: See below for different ways to encourage us to stop and appreciate the natural world around us.

Instructions:

- See how many edible plants you can find.
- Stop beside a plant and try to find the same species in another location.
- Choose a colour and see who can find the most plants that match the chosen colour.
- Stand still, have someone quietly count to 30, meanwhile seekers count how many living things they see during that time.
- Can anyone find footprints? Who do they belong to?
- Let's see if we can catch some creepy crawlies!
 - Who is the first person to spot an insect?
 - Who is the first person to (gently) catch an insect? (BONUS points to the participant who can name the insect.)
 - Who can catch the smallest/largest insect?
 - Don't forget to release all critters to where they were originally found.
- Whisper a fun fact to participating friend or family member and ask them to pass it on to the next. Once the message makes it to every participant, ask the last person to say it out loud. Then, together, confirm if this fact is still accurate.