

## **NATURE WALK SCAVENGER HUNT**

*Being in Nature can focus the Mind and reduce Anxiety and Stress  
Being in Nature can increase our Physical and Mental Wellbeing  
Pay a visit to your local park can you see and find the items below*



**Robin**



**Stone**



**Tree**



**Flower**



**Squirrel**



**Feather**



**Acorn**



**Leaf**



**Insect**



**Worm**



**Pine Cone**



**Twig**