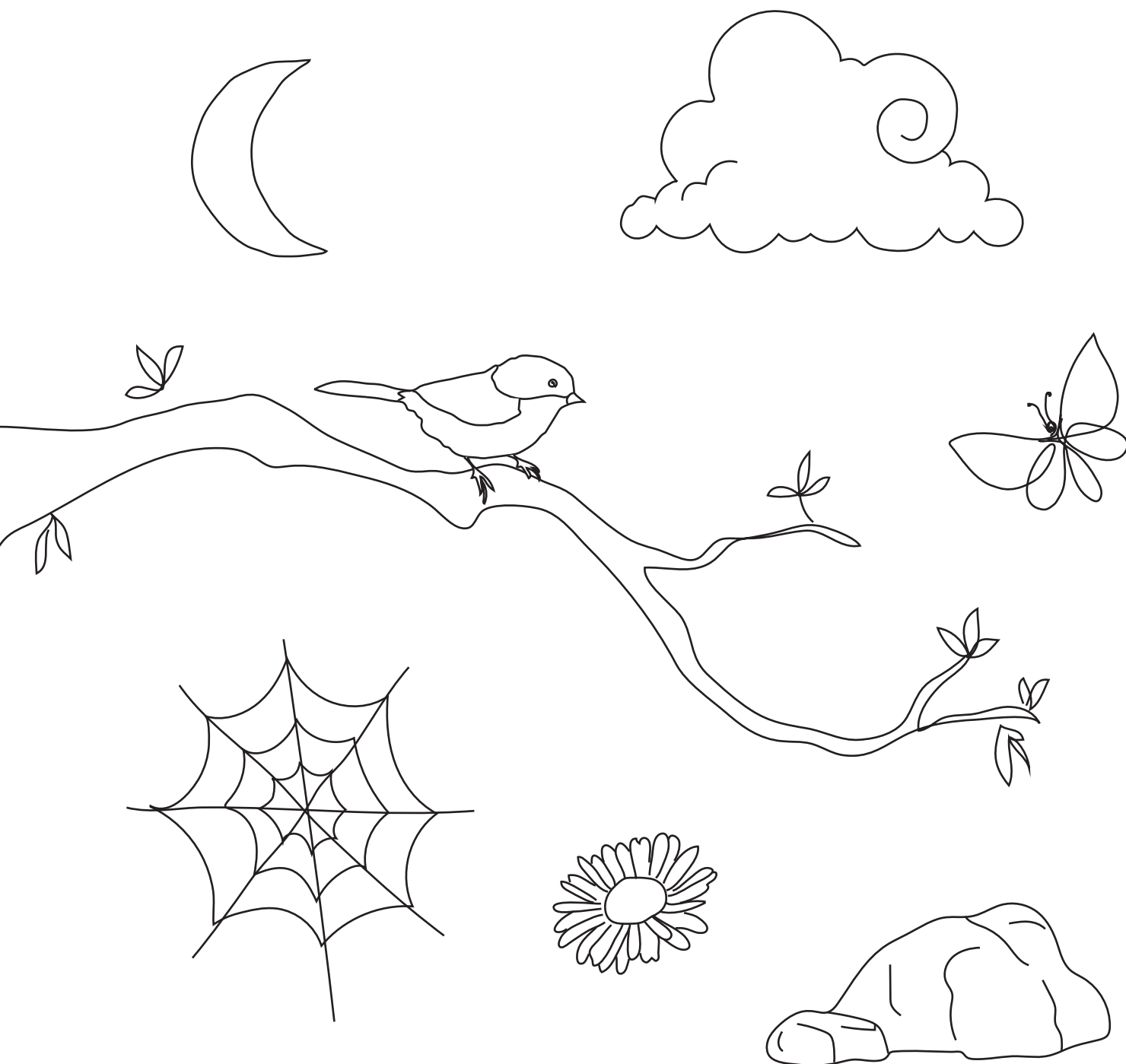


Nature Scavenger Hunt:

- Take this page with you to a park or any outdoor area.
- Look for the items listed on the page



This activity encourages mindfulness by promoting connection with nature and the present moment as you actively observe and search for items in your surroundings.