

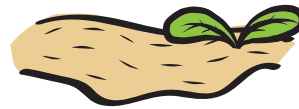
MENTAL HEALTH AWARENESS MONTH

Outdoor Sensory Scavenger Hunt

Complete the following actions outside using your senses. You can do this as a family, a competition with siblings, or on your own.



WATCH AN
INSECT MOVE



PUT MY FINGERS
IN SOIL



FEEL WIND
ON MY FACE



FIND A PATTERN OR
DESIGN IN NATURE



TOUCH THE
BARK OF A TREE



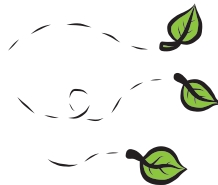
LISTEN FOR
BIRDS CHIRPING



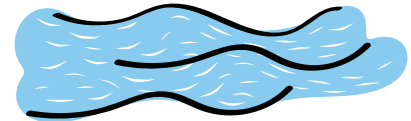
GRAB A STICK FROM
THE GROUND



LOOK AT THE
CLOUDS (OR SKY)



SMELL THE
SPRING AIR



LISTEN FOR
WATER RUNNING



FIND A
UNIQUE ROCK



LOOK FOR
ANIMAL TRACKS