

Stop 5 Gratitude Hunt

As you walk, think of three things you are thankful for today.

Maybe:
Sunshine
Family or friends
Animals
Nature
Fresh air

Try This:

How does your body feel when you think about good things?

Stop 6 Let It Go

If you are carrying worries, imagine putting them down for a little while.

Take a deep breath in... and slowly breathe out.

Relax your shoulders and keep walking calmly.

Try This:

What helps you feel peaceful?

ADVENTURE COMPLETE!

Before you leave the trail:

Take three deep breaths

Look around one more time

Notice how you feel now compared to when you started

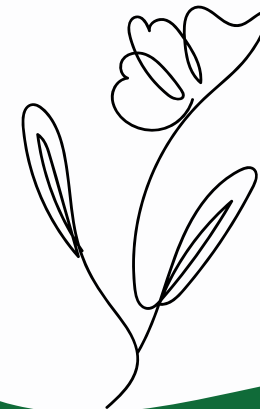
Nature is always here when you need a calm moment.

Park Visited: _____



Nature Adventure Walk

Welcome to your nature adventure! This walk is all about slowing down, exploring outside, and noticing the amazing things around you.





Before You Begin

Bring along:

- Comfortable shoes
- Water
- A grown-up or friend
- A curious mind!

Time: About 30–60 minutes

Adventure Question:
What do you hope to discover today?

Stop 1 Wake Up Your Senses

Walk slowly for a few minutes and notice:
What your feet feel like on the trail
Warm or cool air on your skin
Smells in nature
Sounds all around you

Try This:
Can you hear three different sounds?

Stop 2 Nature Detective

Pause and look closely around you.

Can you find:
A leaf with an interesting shape?
A cool pattern in tree bark?
Something moving in the wind?
Different colors in nature?

Try This:
What is the most interesting thing
you see?

Stop 3 Listening Ears

Close your eyes for a moment if it
feels safe.

Listen for:
Birds singing
Wind blowing
Water moving
Crunchy footsteps
Bugs buzzing

Try This:
Which sound makes you feel calm?

Stop 4 Tree Connection

Find a tree or plant you like.

Think about:
How old it might be
How it helps animals and people
What it might look like in another
season

Try This:
If the tree could talk, what would it
say?

