



WEEKLY HEALTH + WELLNESS ACTIVITIES

Go on a Scavenger Hunt!

Look out your window or go for a walk, and find these things...

TUESDAY

I See...

- Buds on a tree
- Squirrel
- Plants poking through the soil
- Insects

WEDNESDAY

I Hear...

- Birds chirping
- Trickling water
- Wind in the trees
- Raindrops

THURSDAY

I Feel...

- Sunshine on my face
- Tree bark
- Grass
- Breeze on my hands

FRIDAY

I Smell...

- Fresh air
- Soil
- Flowers
- Fresh cut grass