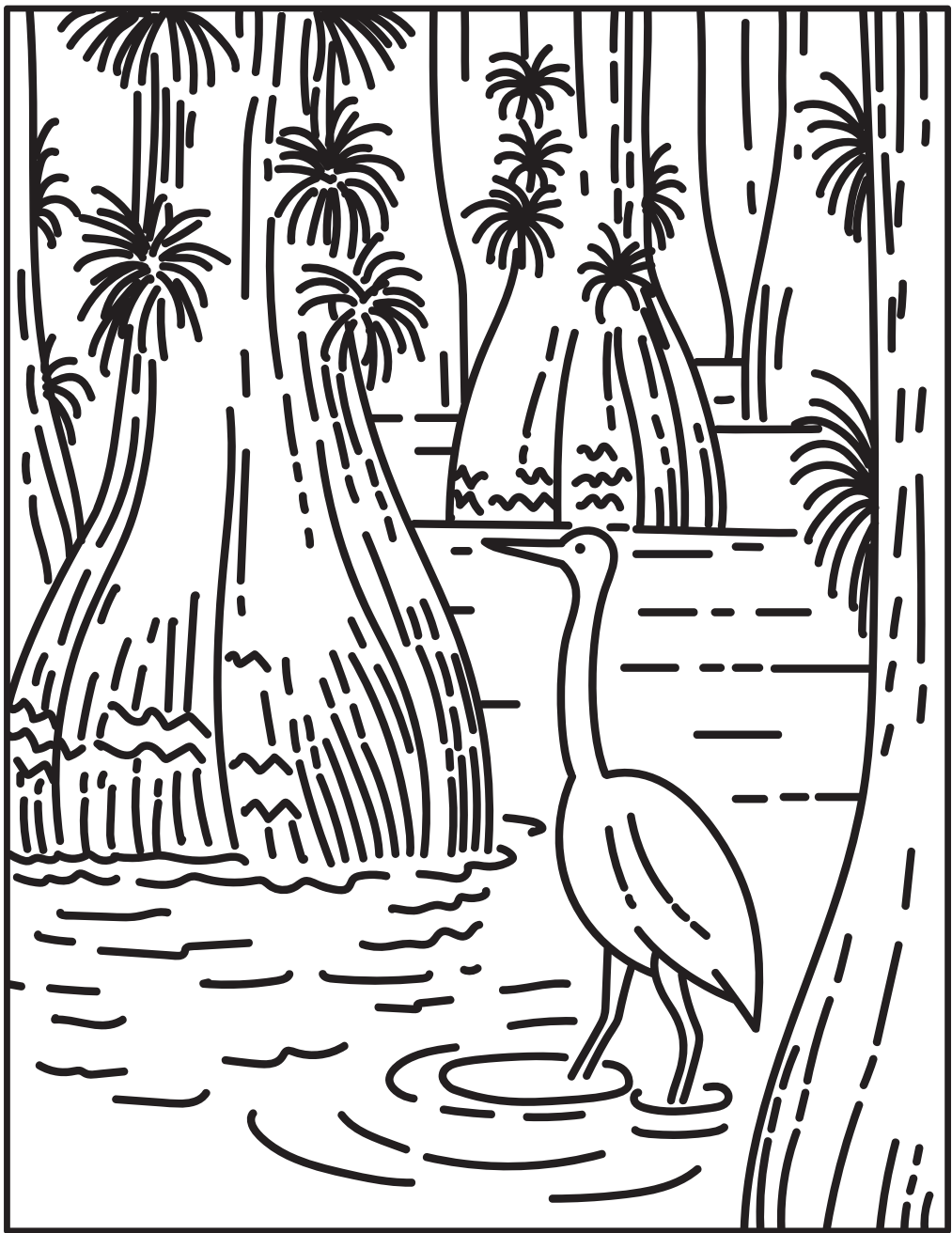
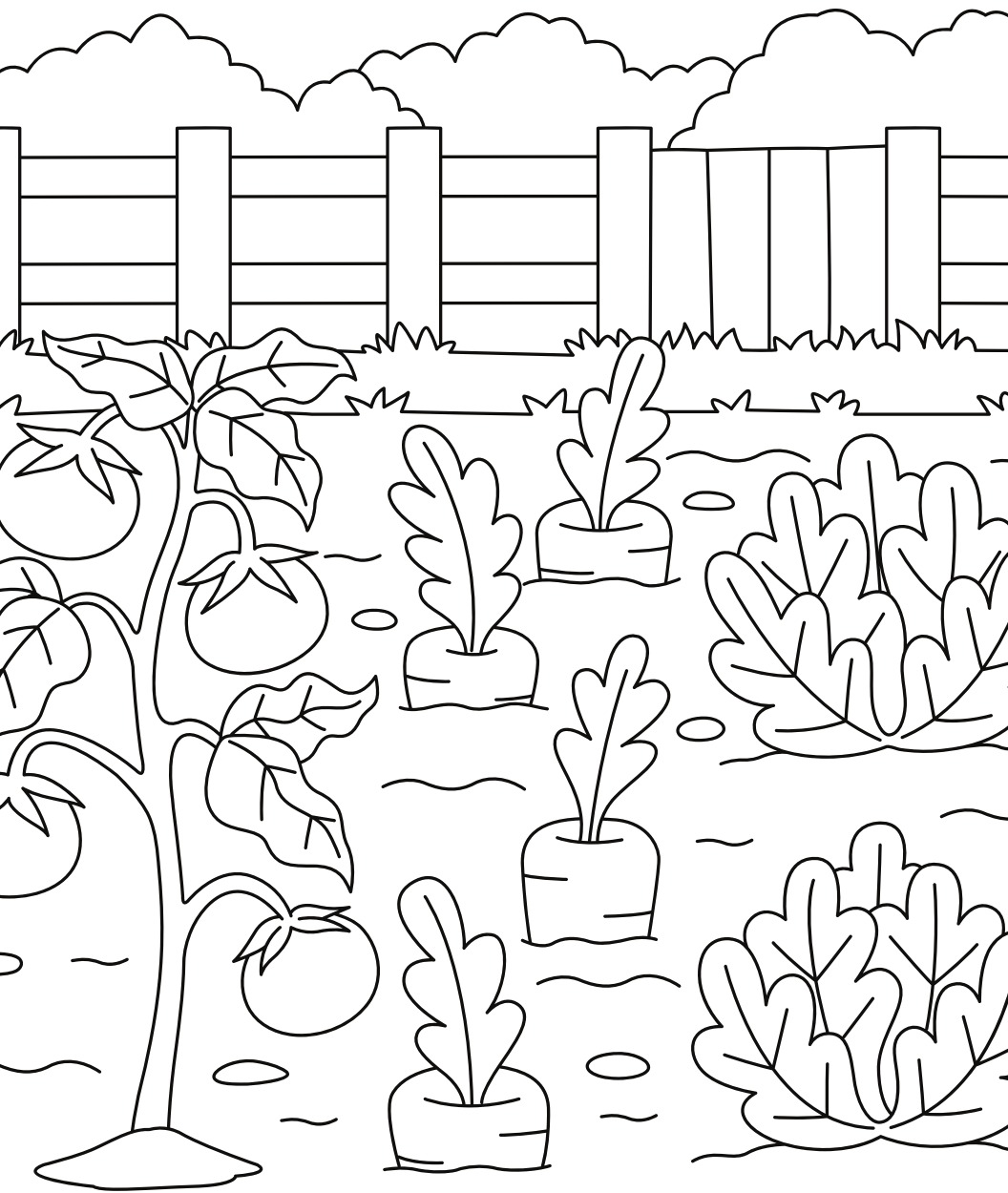


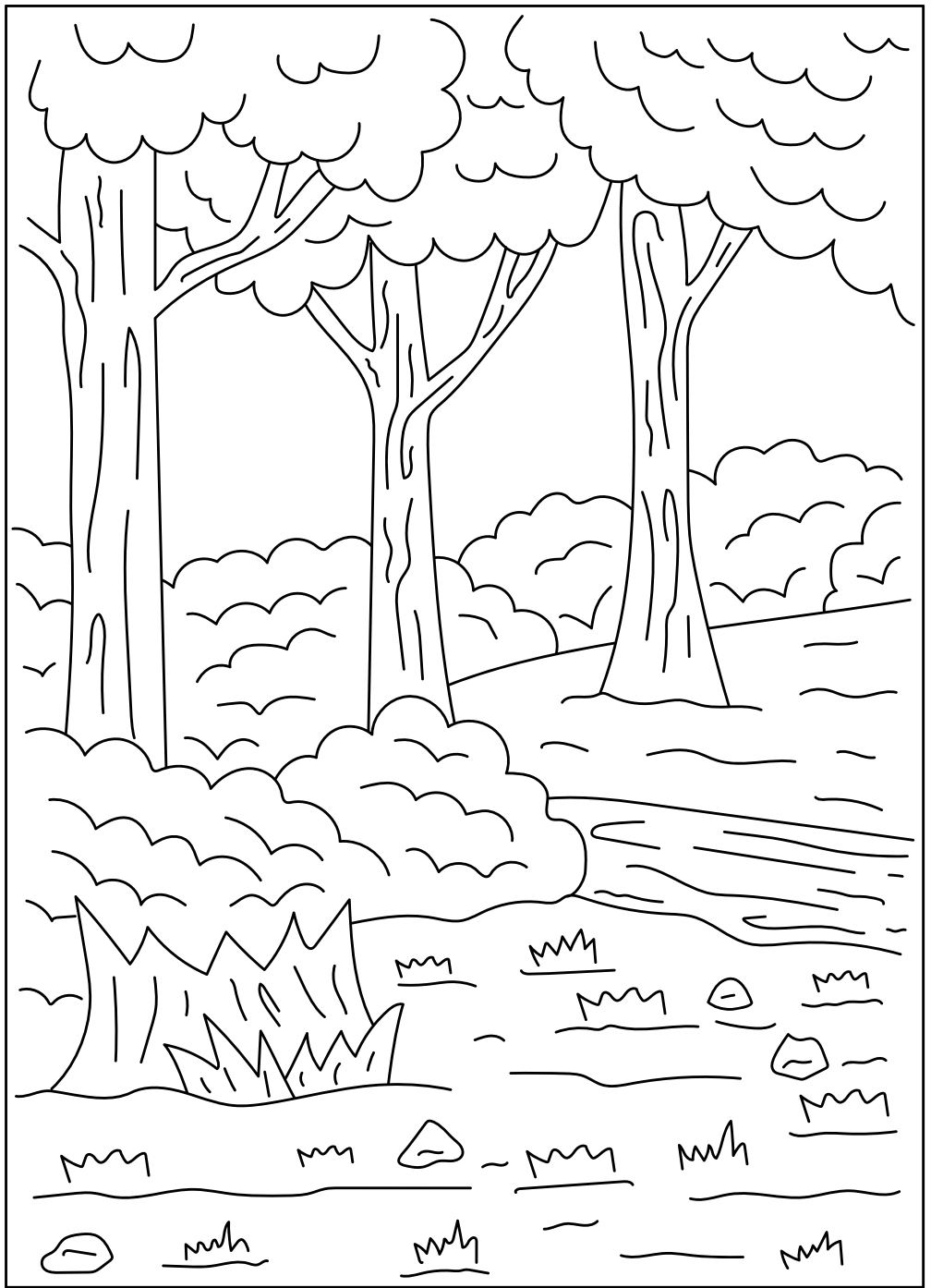
# *Nature* **COLOURING**

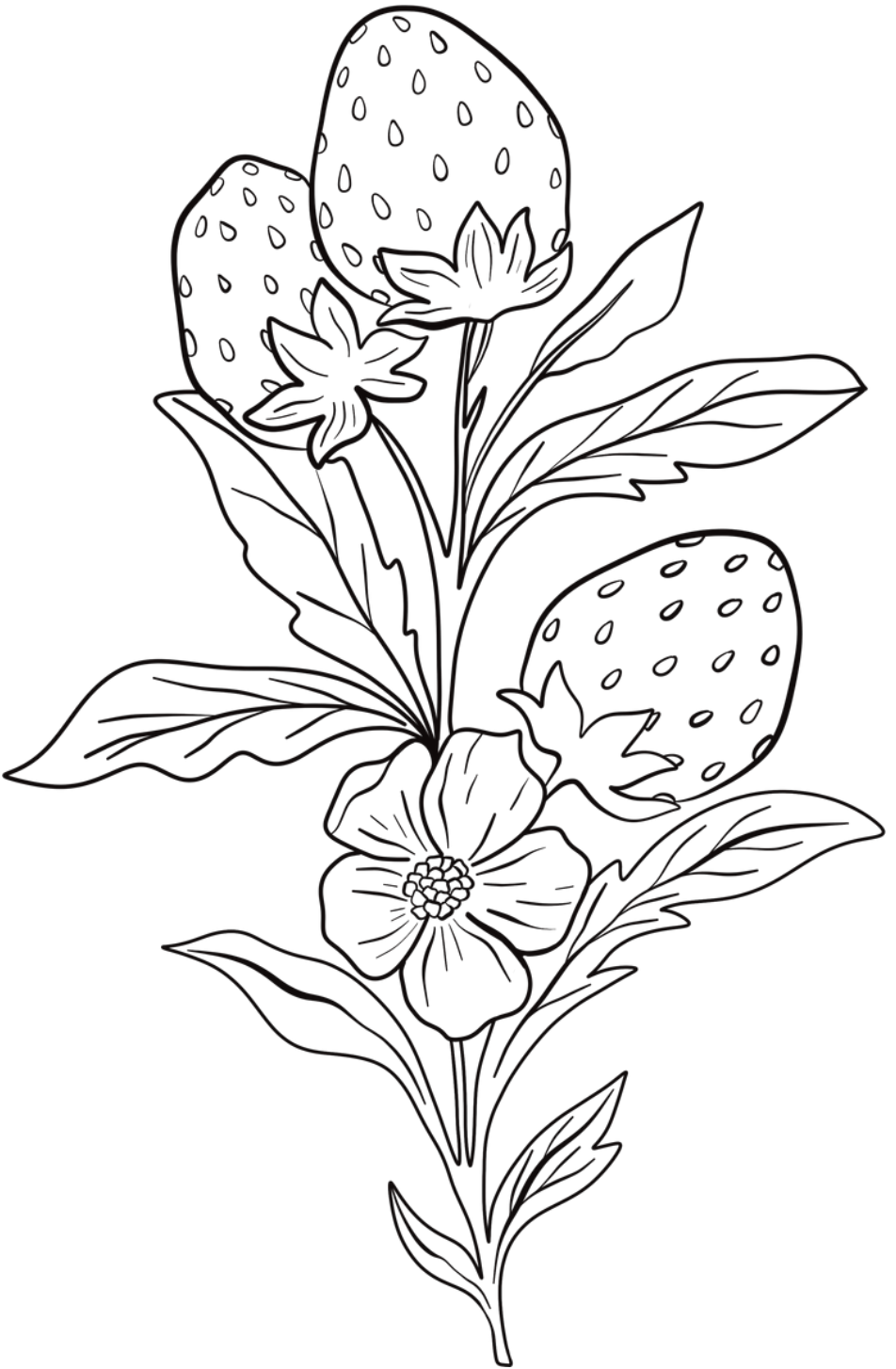


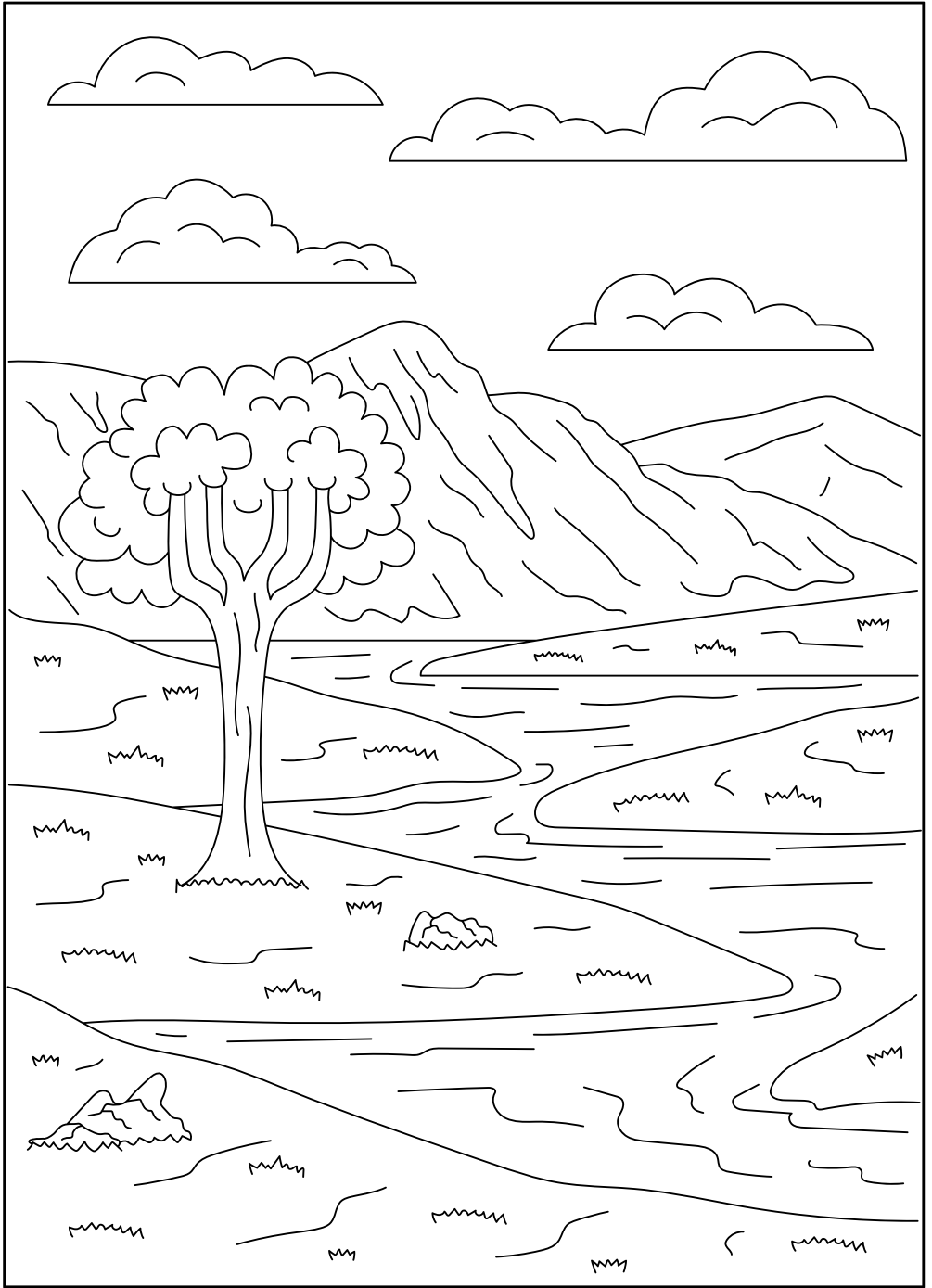
# BOOK

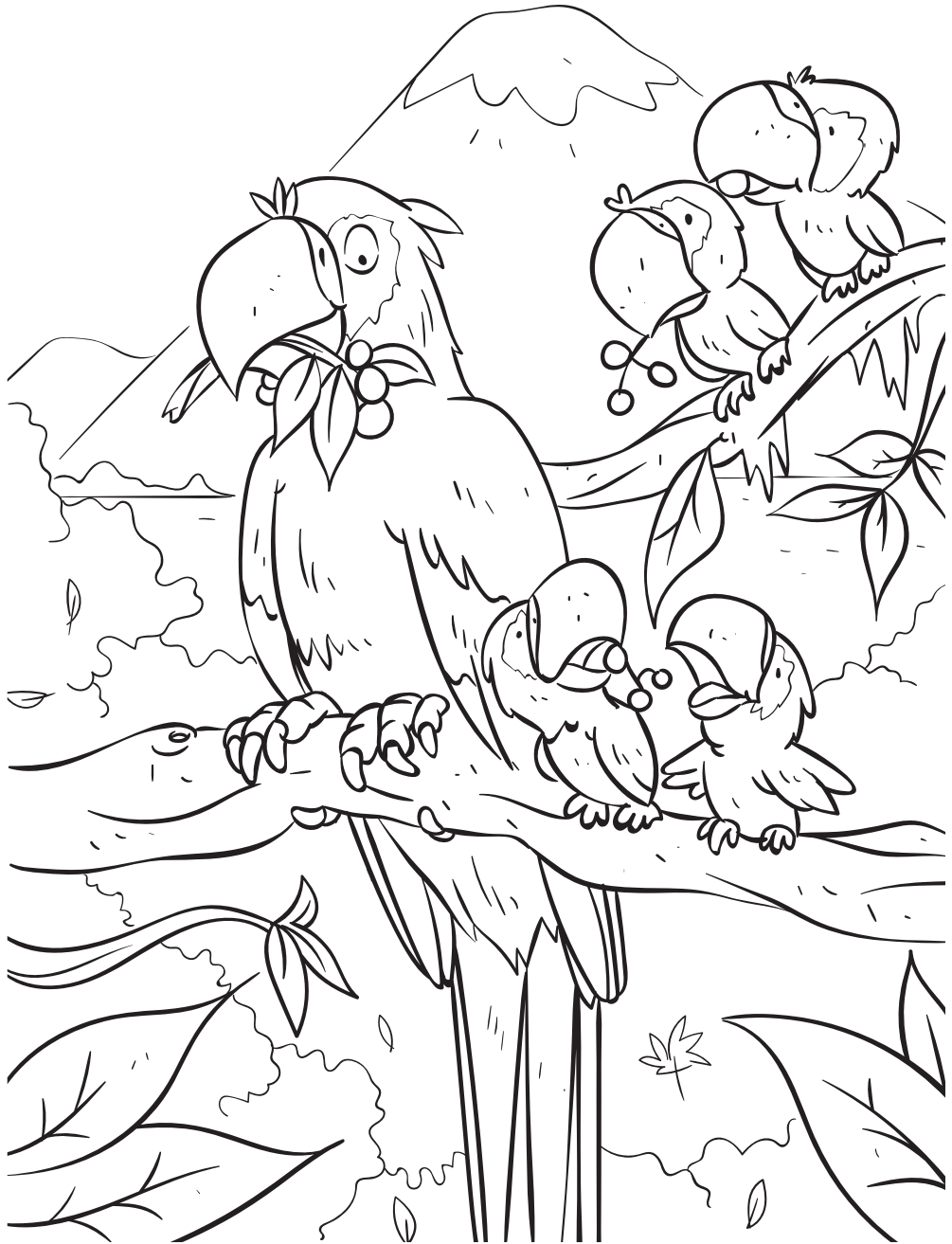


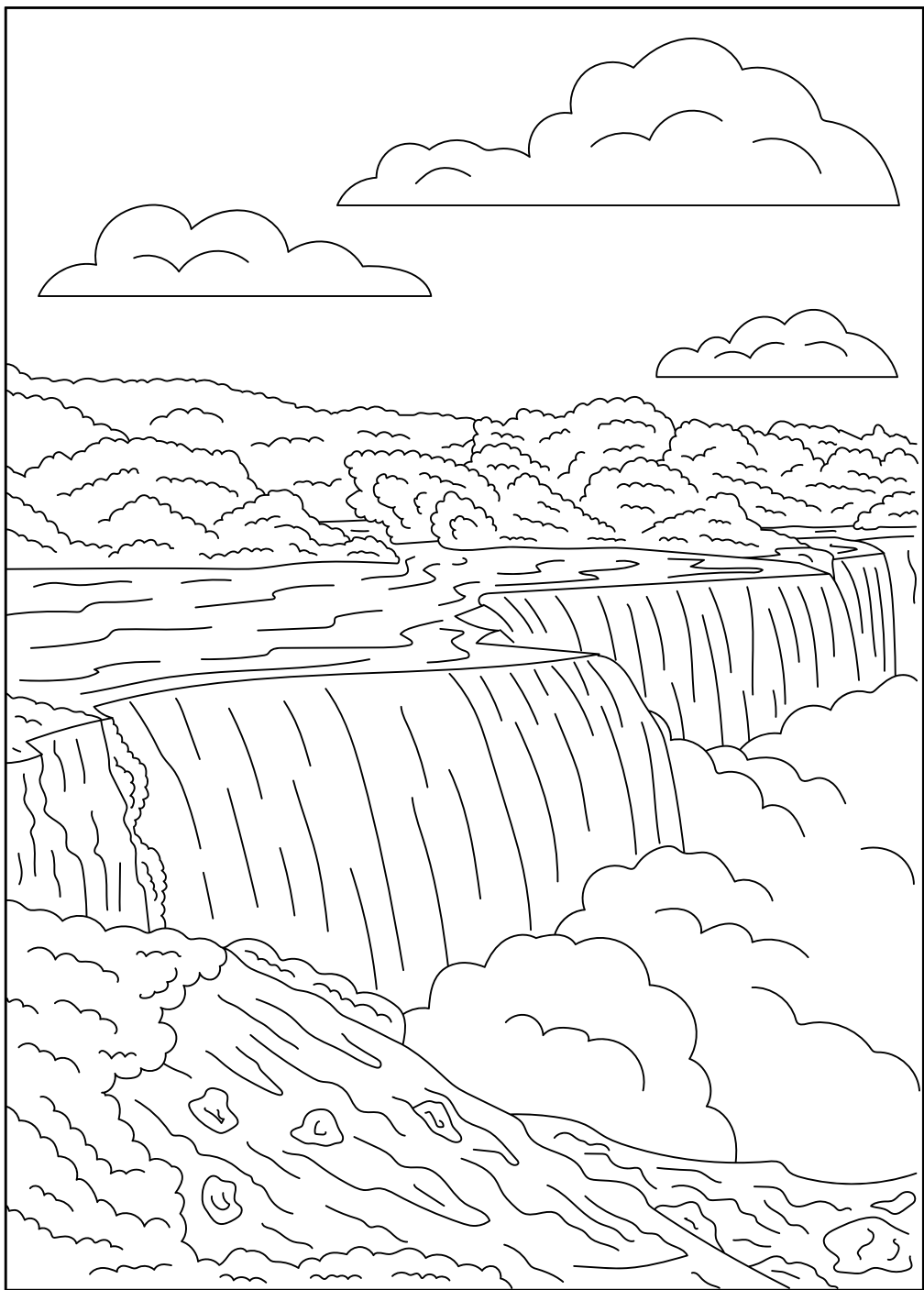




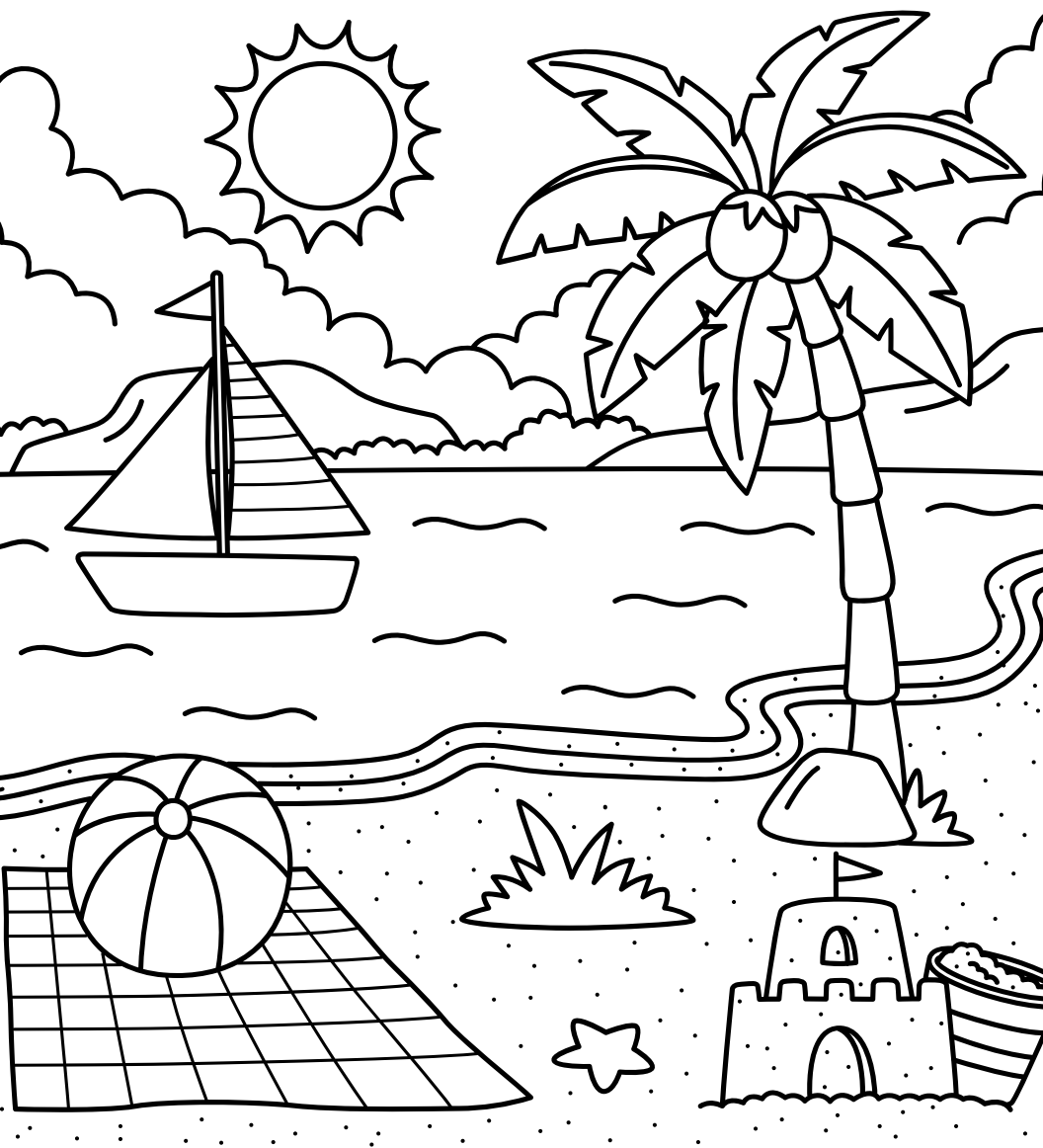




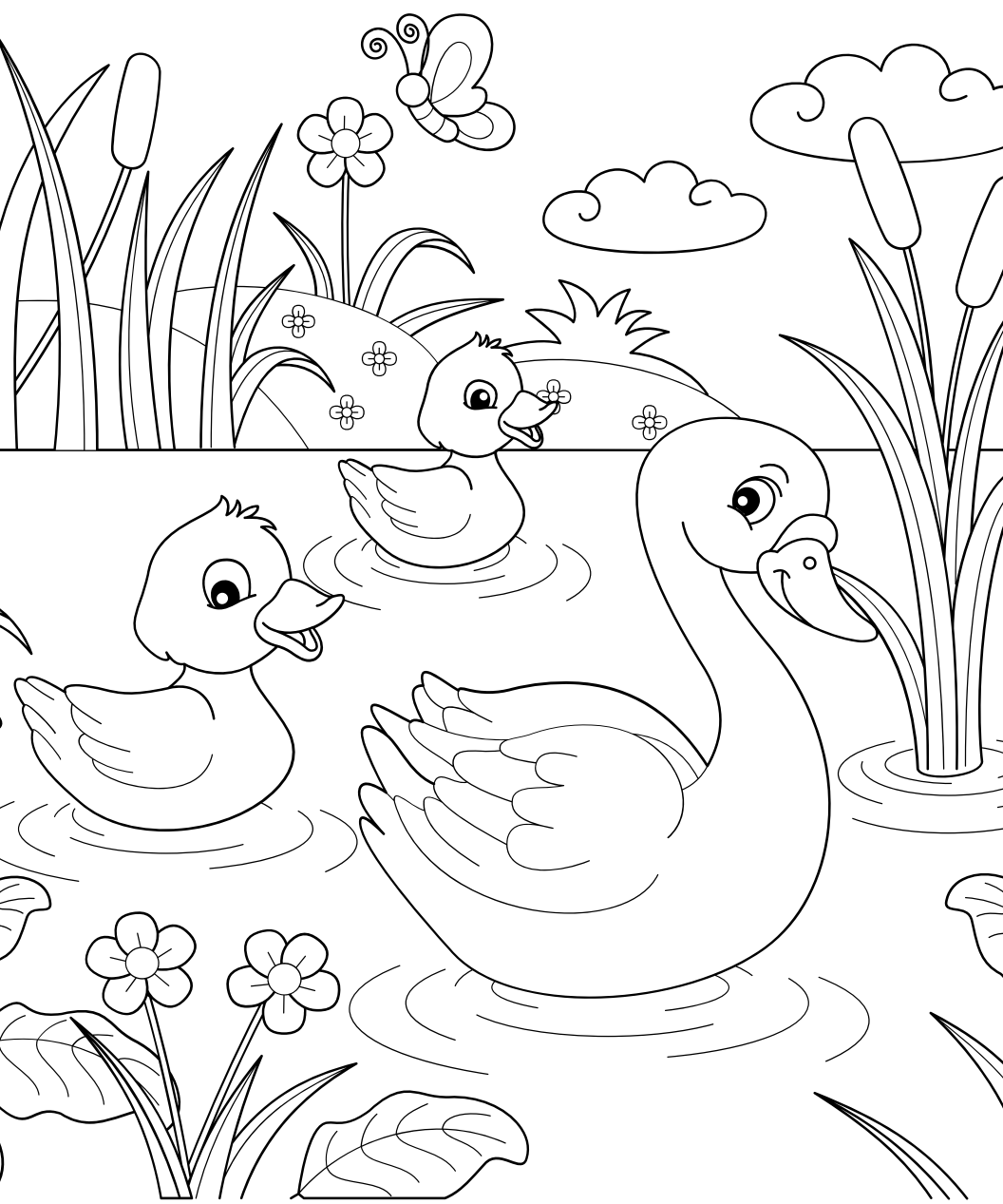


















On each leaf, write  
one word of gratitude.

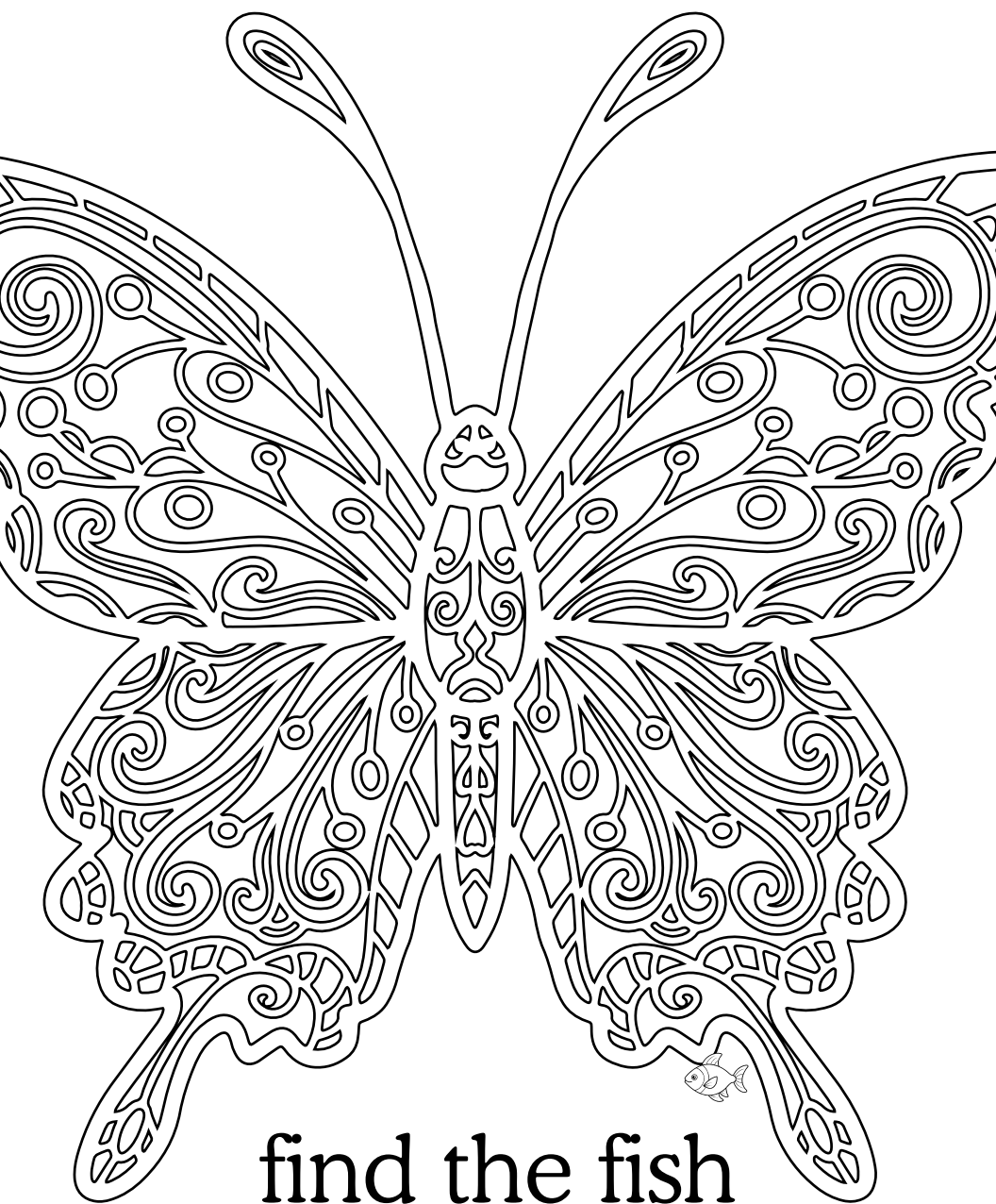




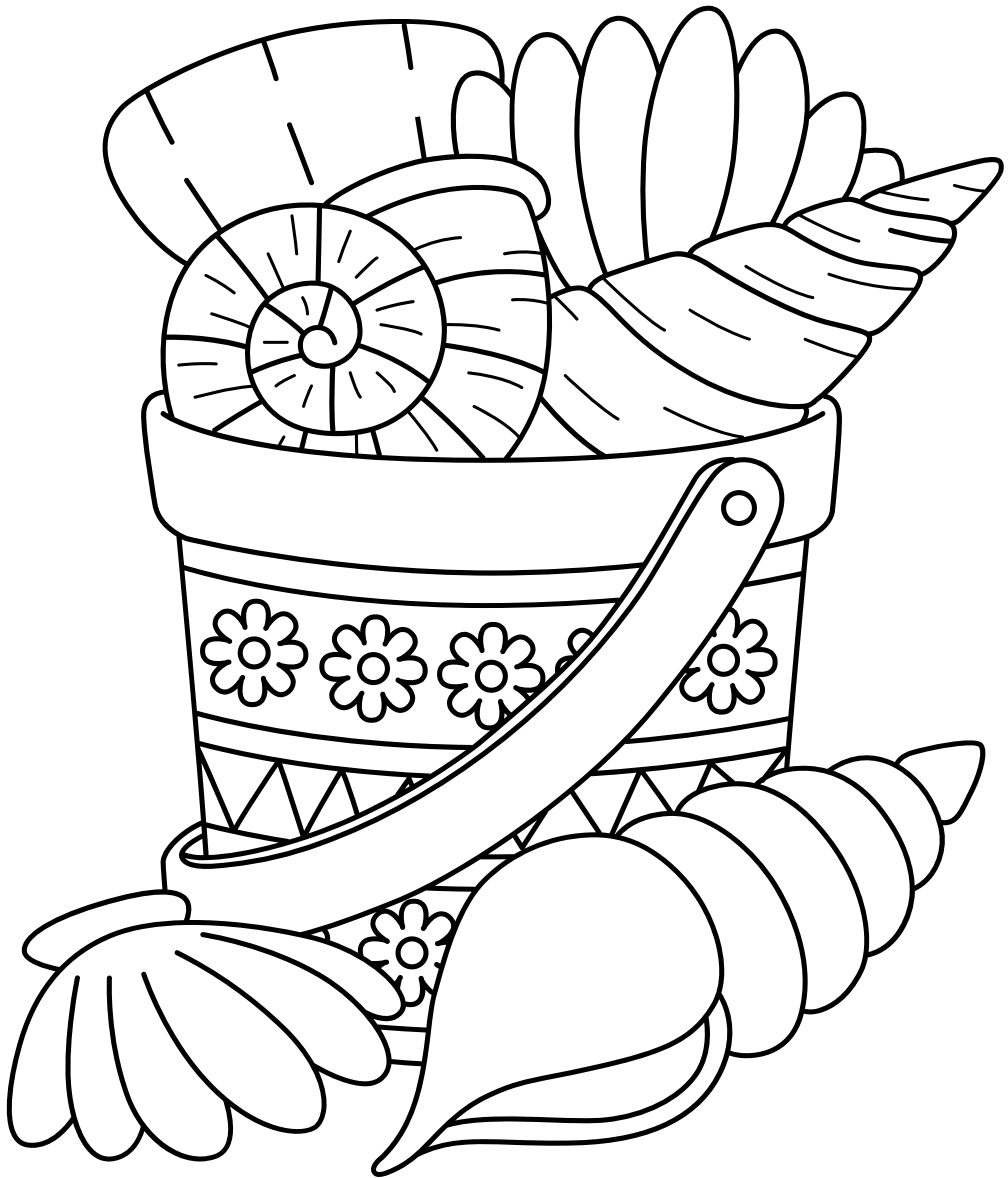


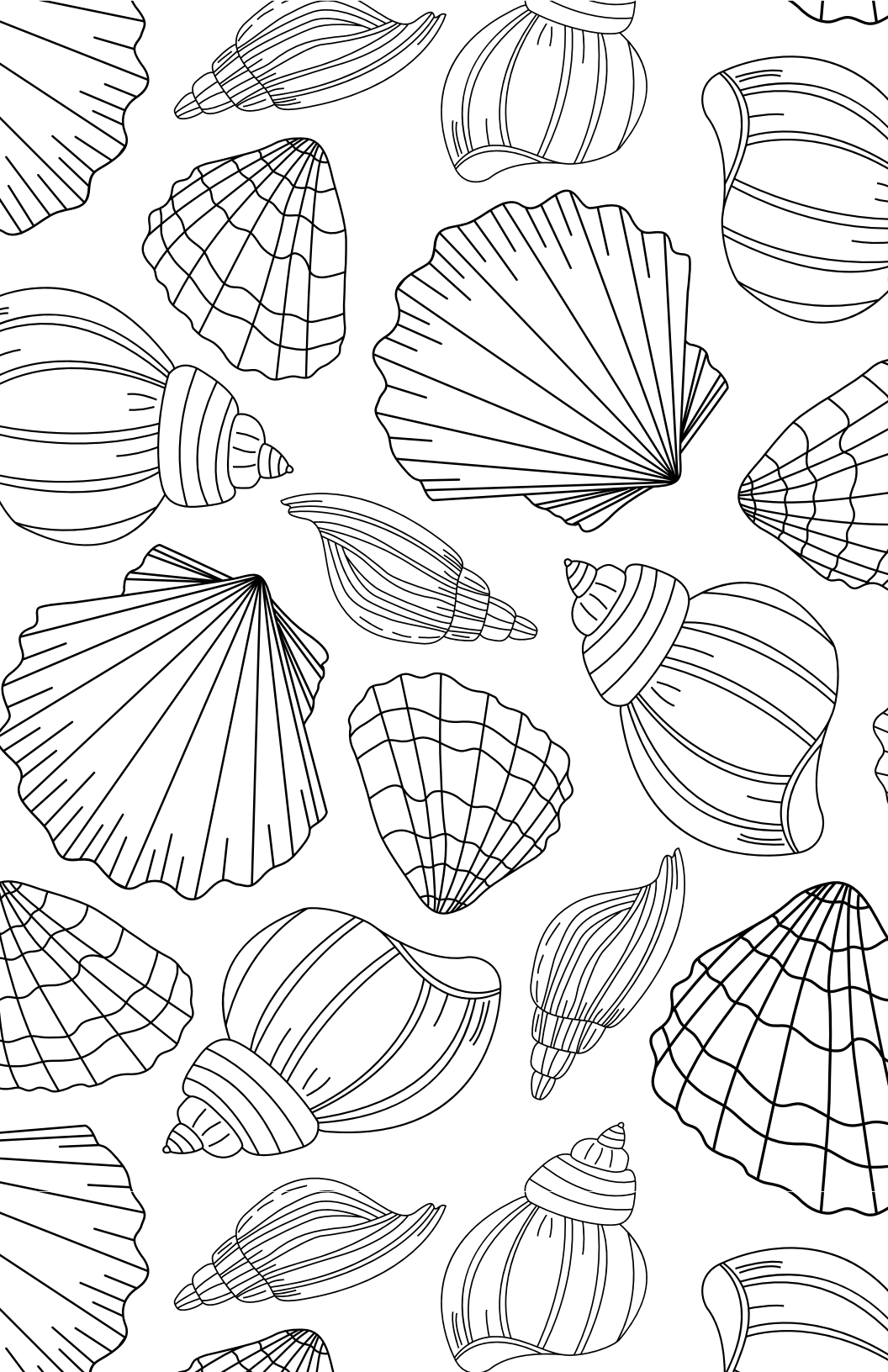
Find the deer





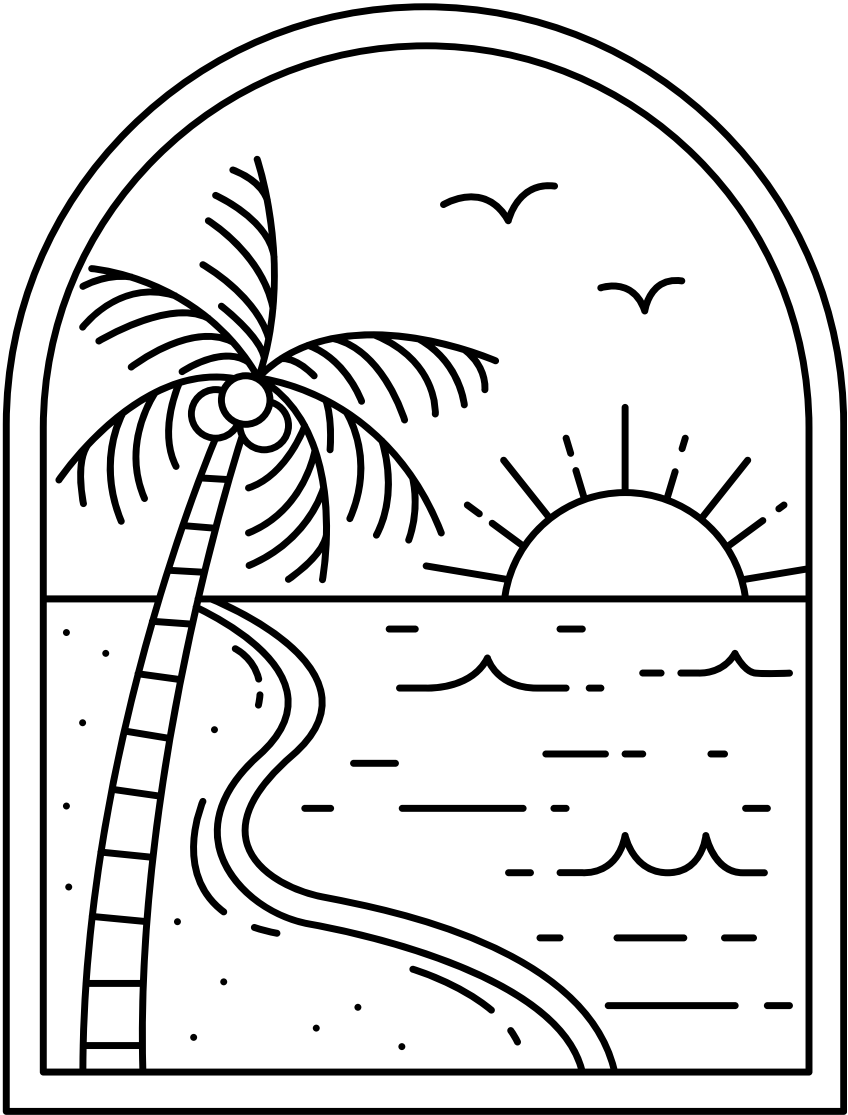
find the fish







find the leaves and  
colour them green









# Activity: “Nature Sundae”

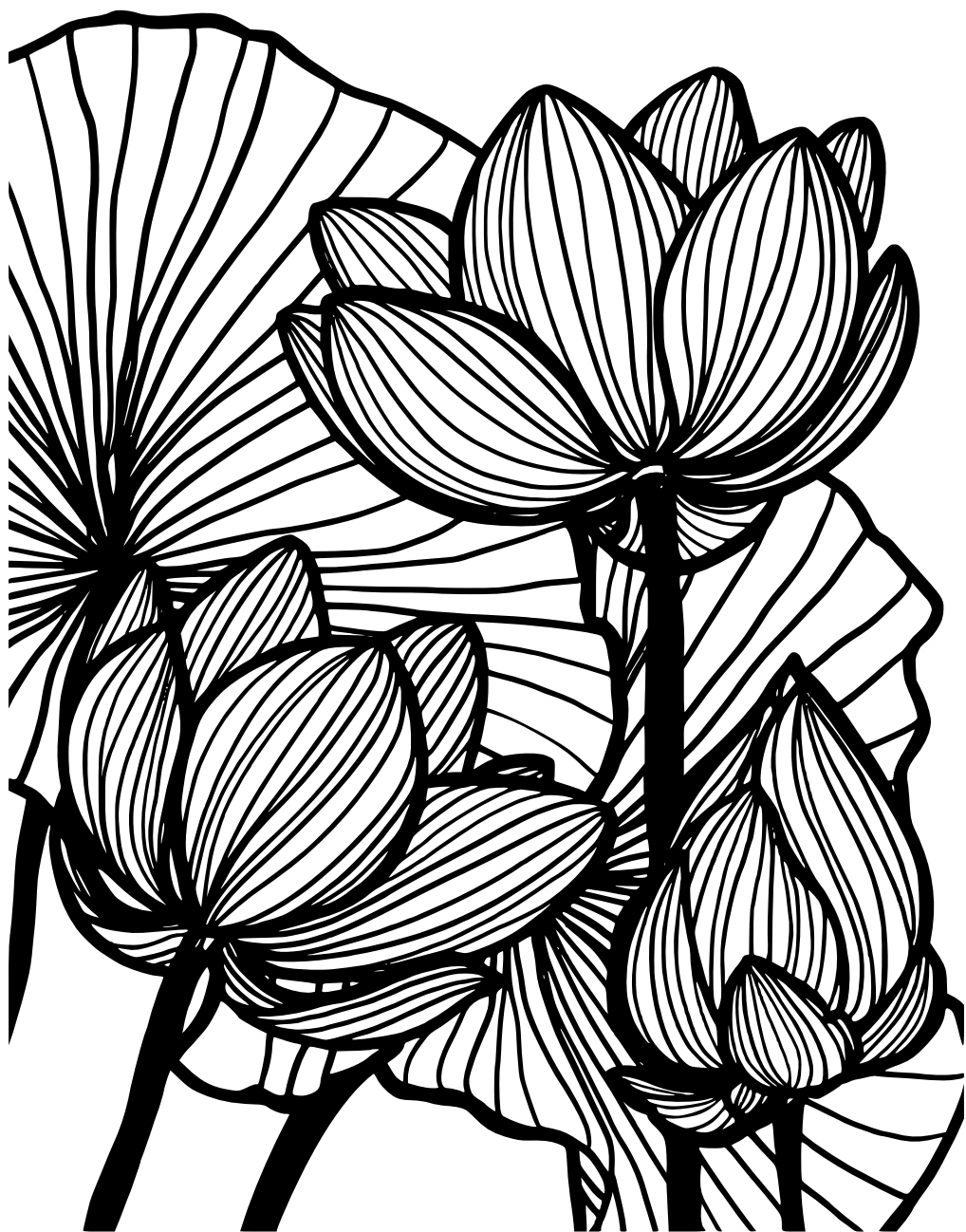


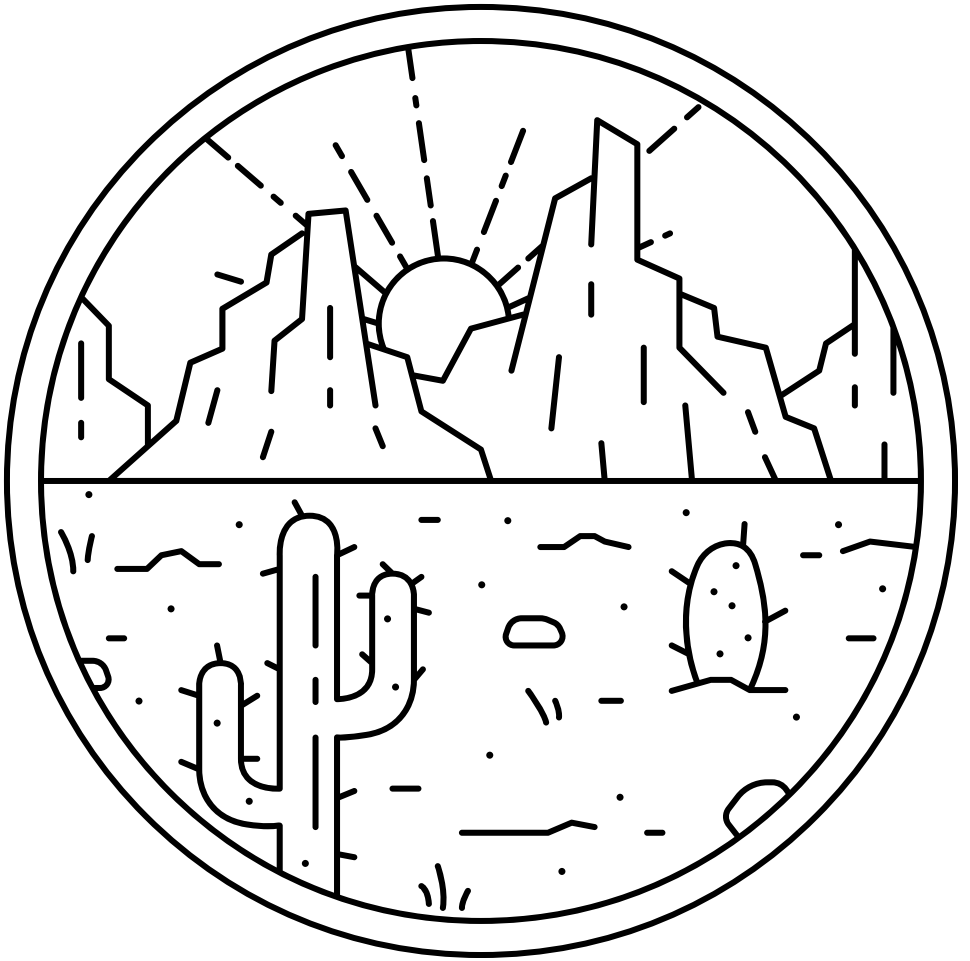
1. Choose one of the following senses: sight, touch, or smell
2. Get a bowl and bring it outside
3. Find things in nature you want to add to your “sundae” based on the sense you chose (such as things that feel interesting, if you chose touch) → these are your “ingredients”
4. Put the “ingredients” in the bowl to create a “sense sundae”, and enjoy connecting with your senses while exploring nature!
5. When you are finished, return your “ingredients” to nature

**Note: Explore nature safely!** If you are unsure about whether a plant is safe to touch or smell, leave it alone.

**Remember to be respectful of the environment.** Try to find things already on the ground, and only take what you need.











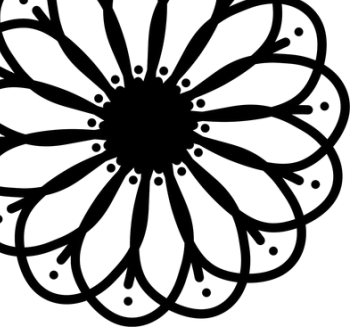










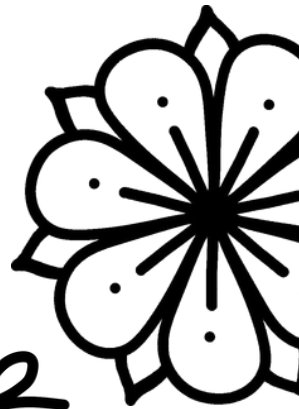
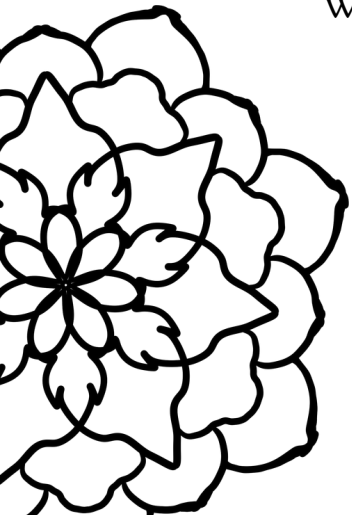


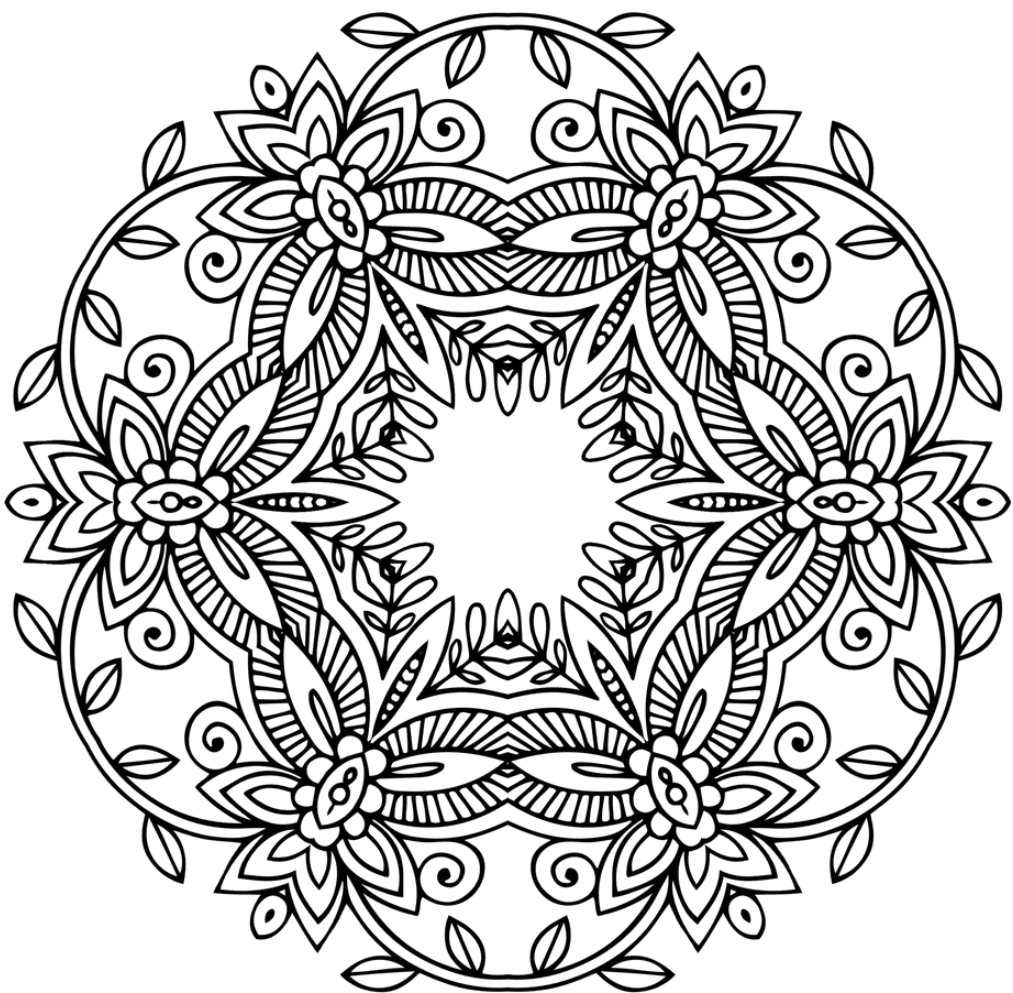
## Activity: Become a Nature Scientist

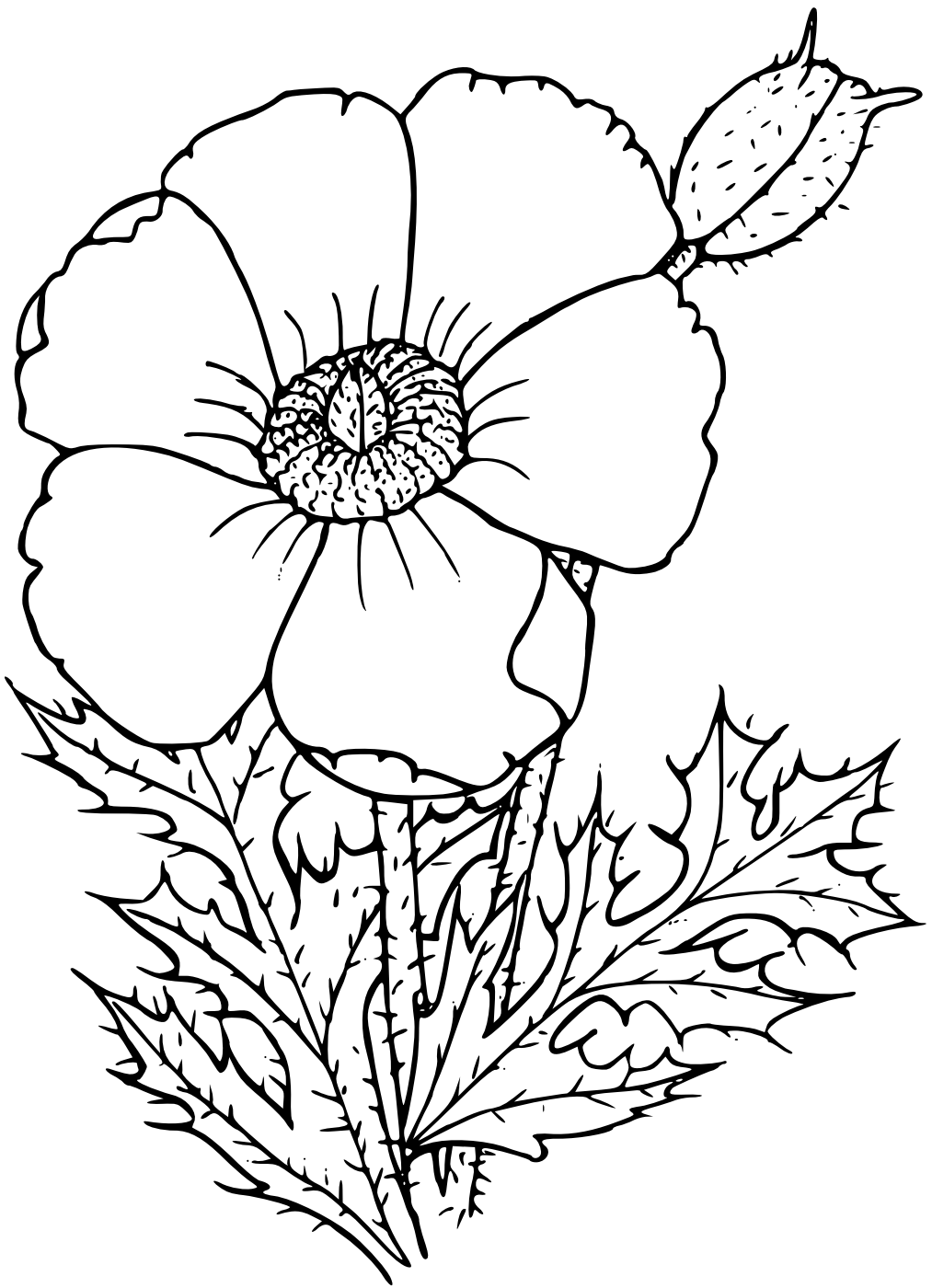
Bring a pen or pencil and paper outside, and make notes on the different things you notice.

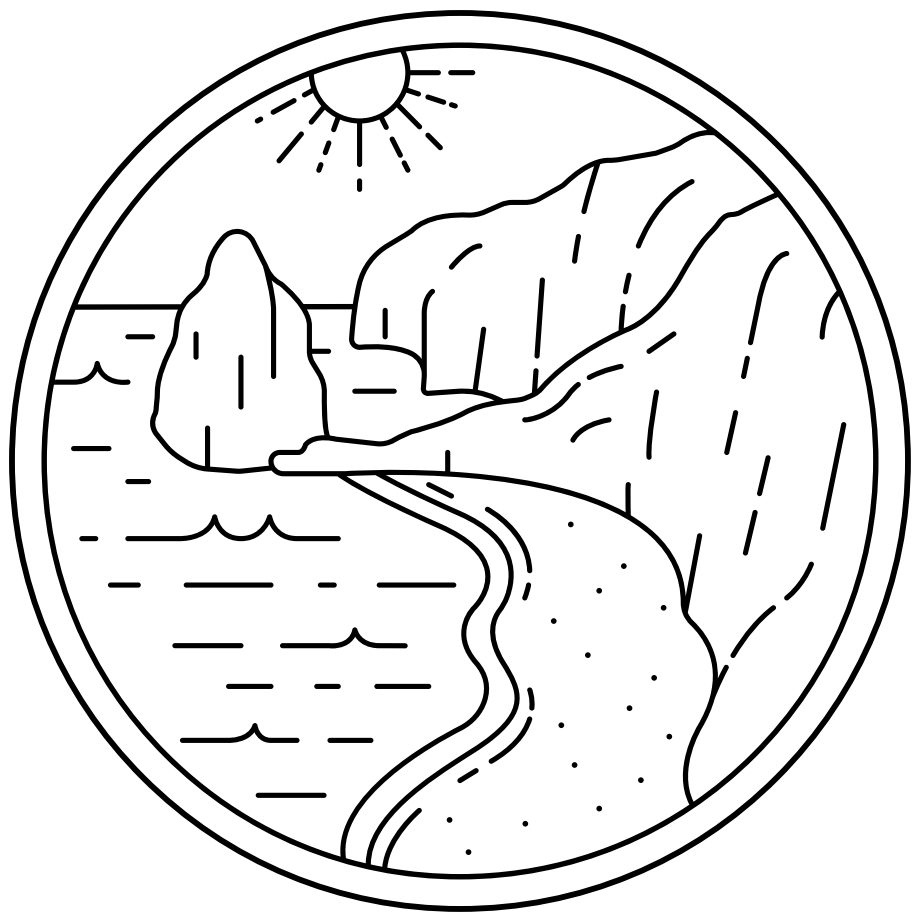
What do you see, hear, smell, and feel? Is there anything you are noticing that you don't normally pay attention to?

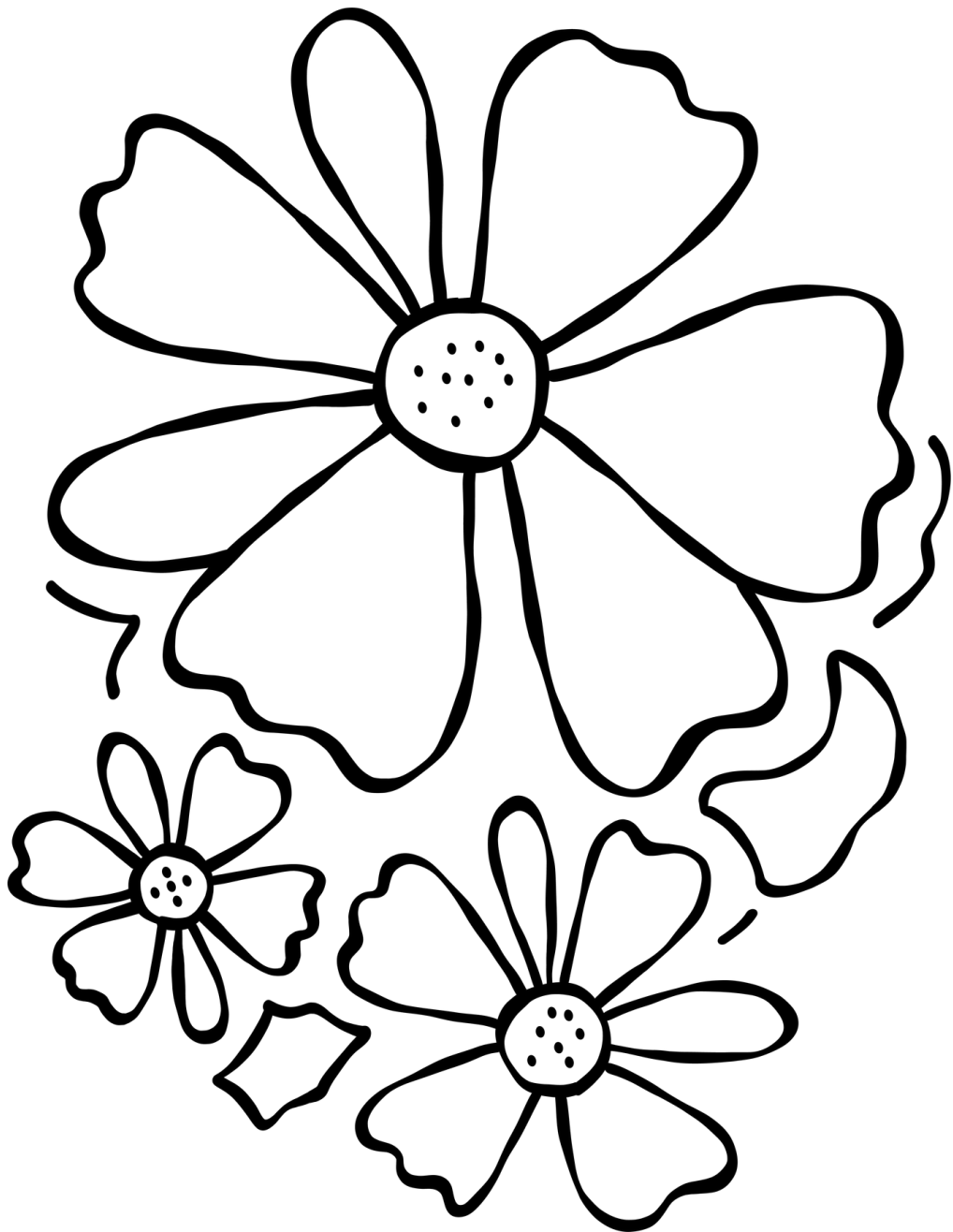
Note: this activity also works indoors! Find a window and make your observations based on what you see outside.





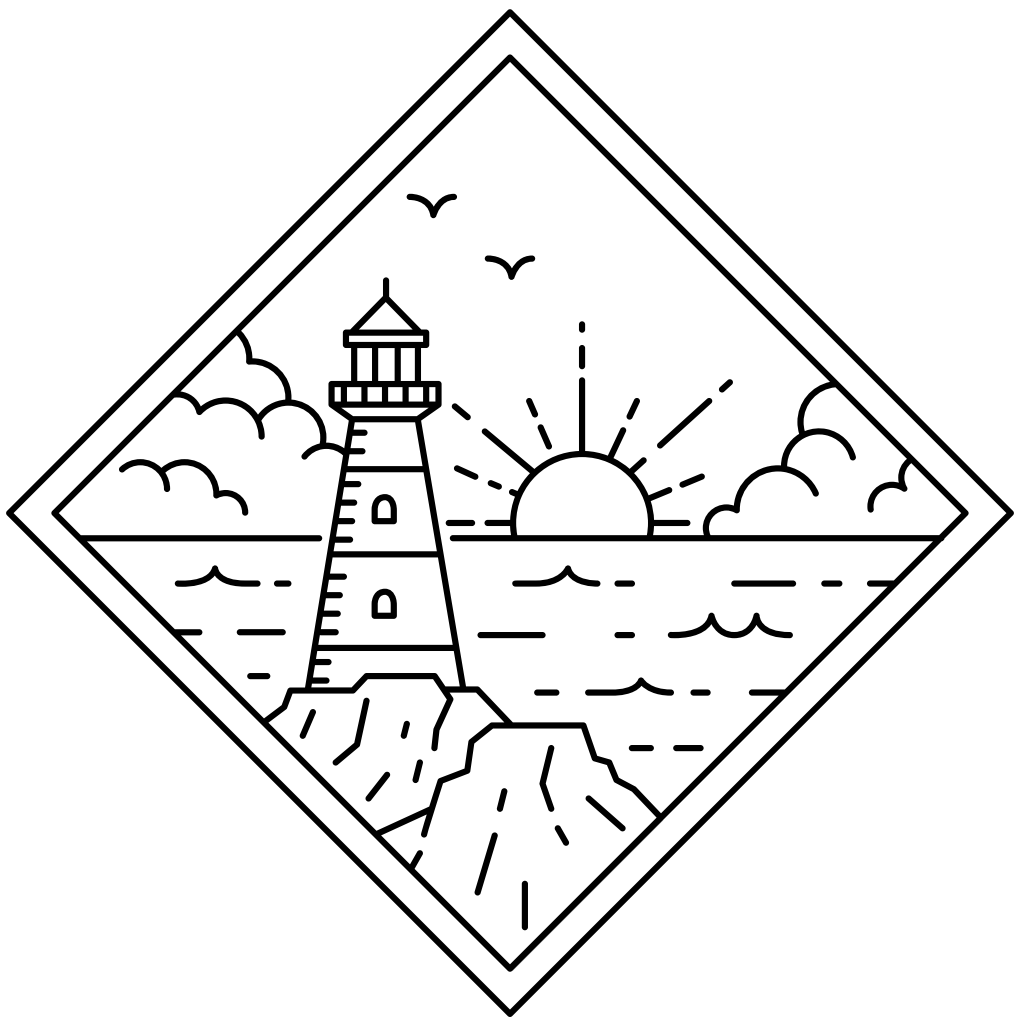




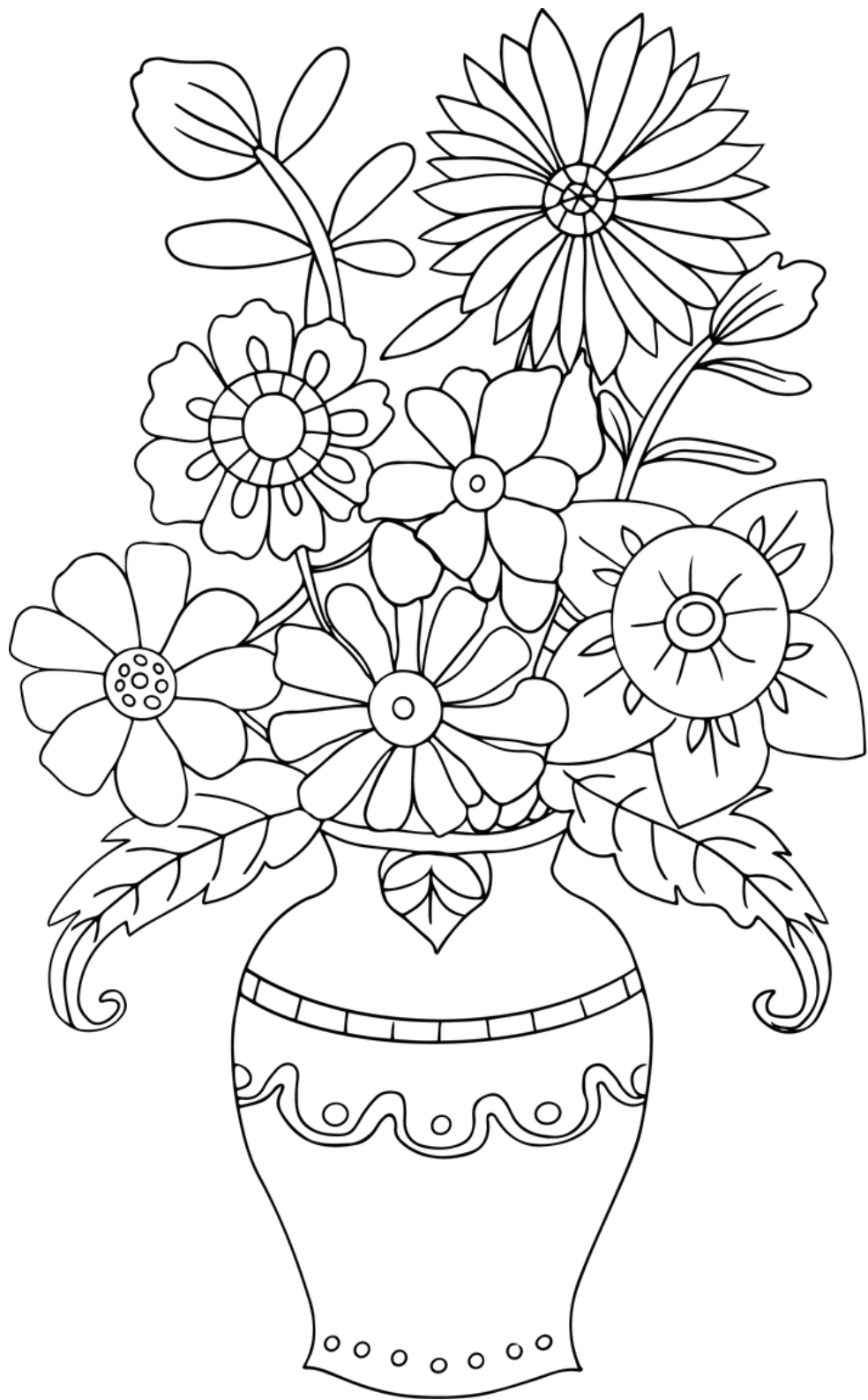


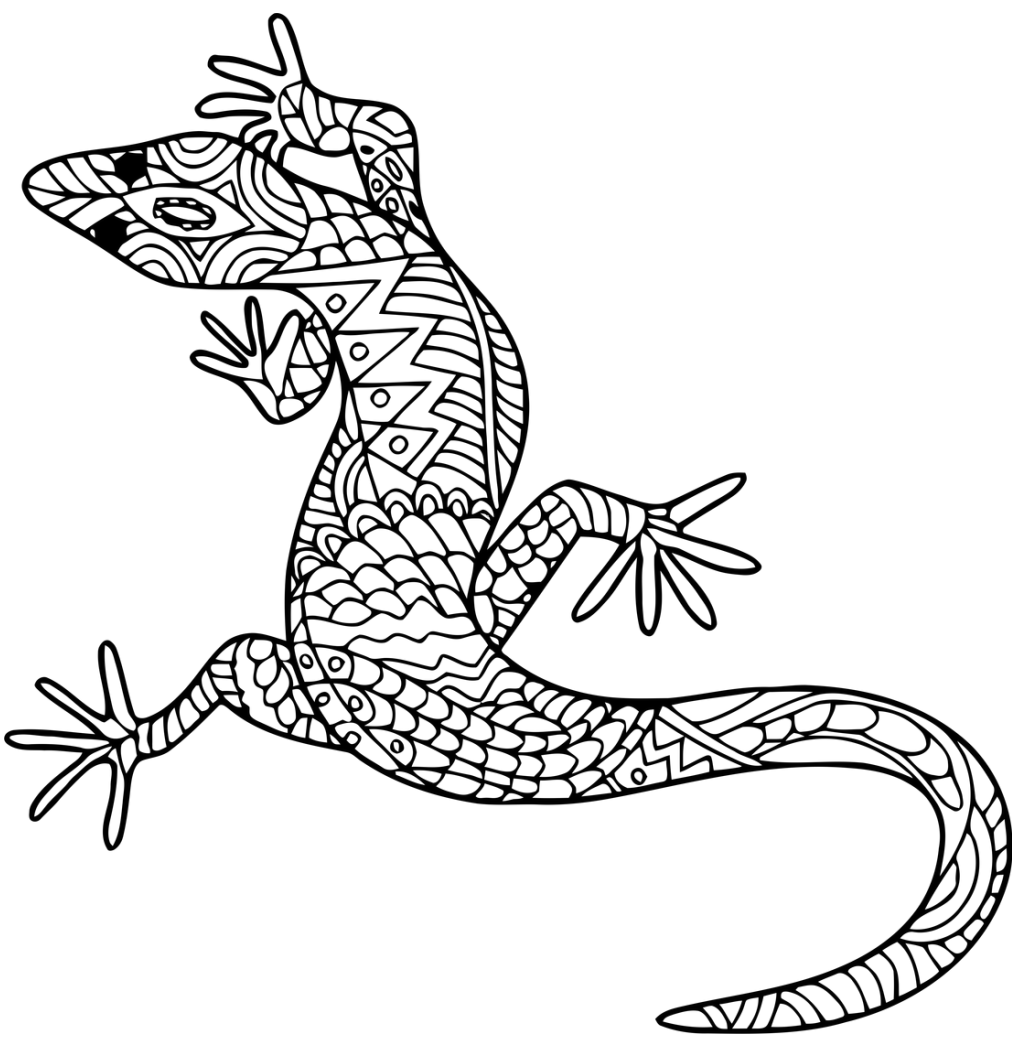
On each petal, write  
something you enjoy

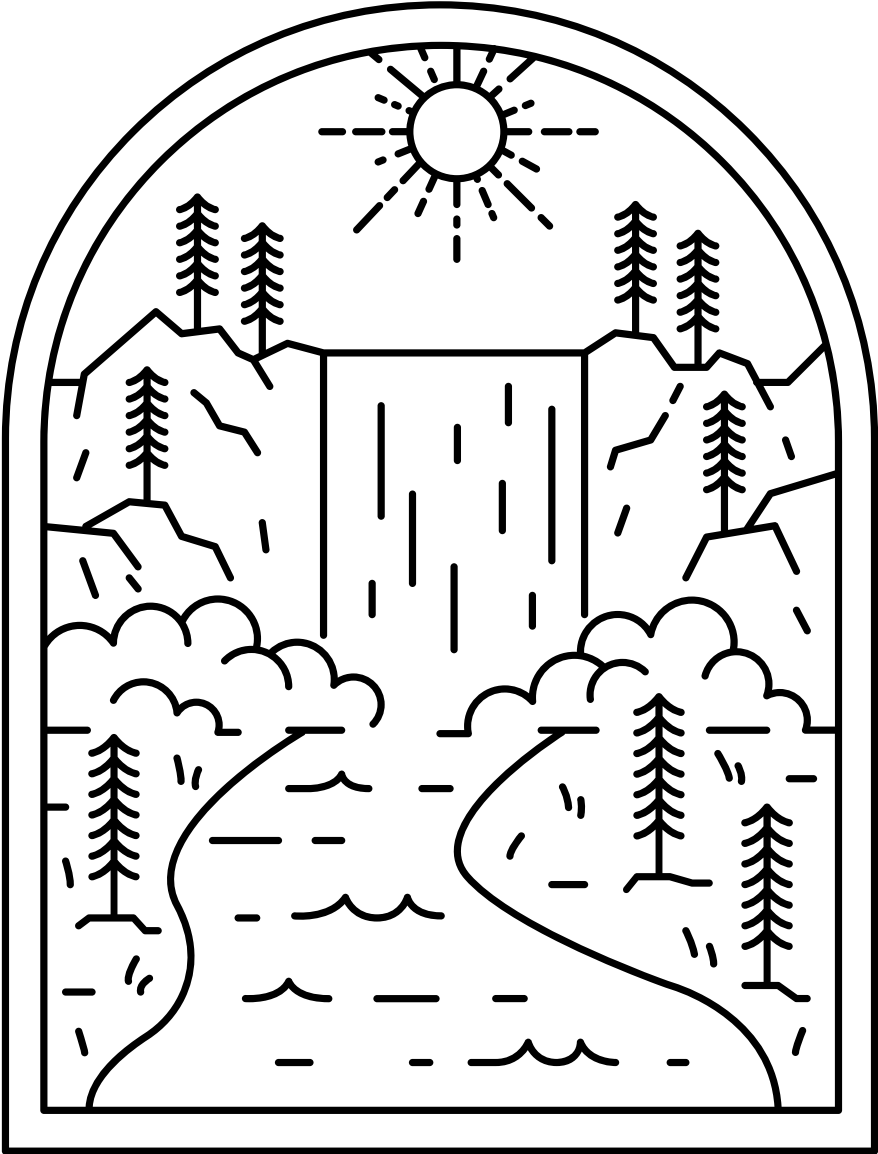


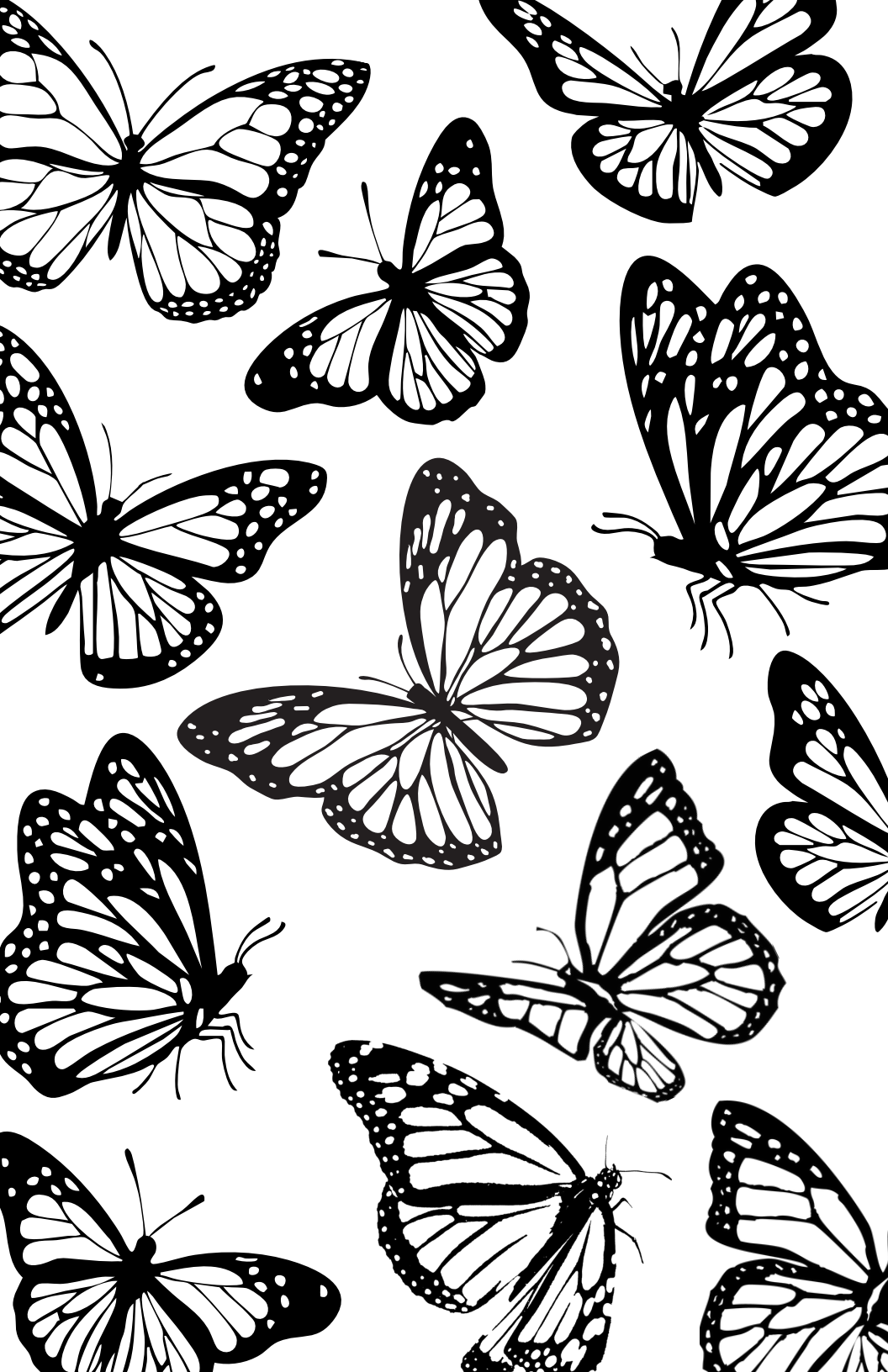






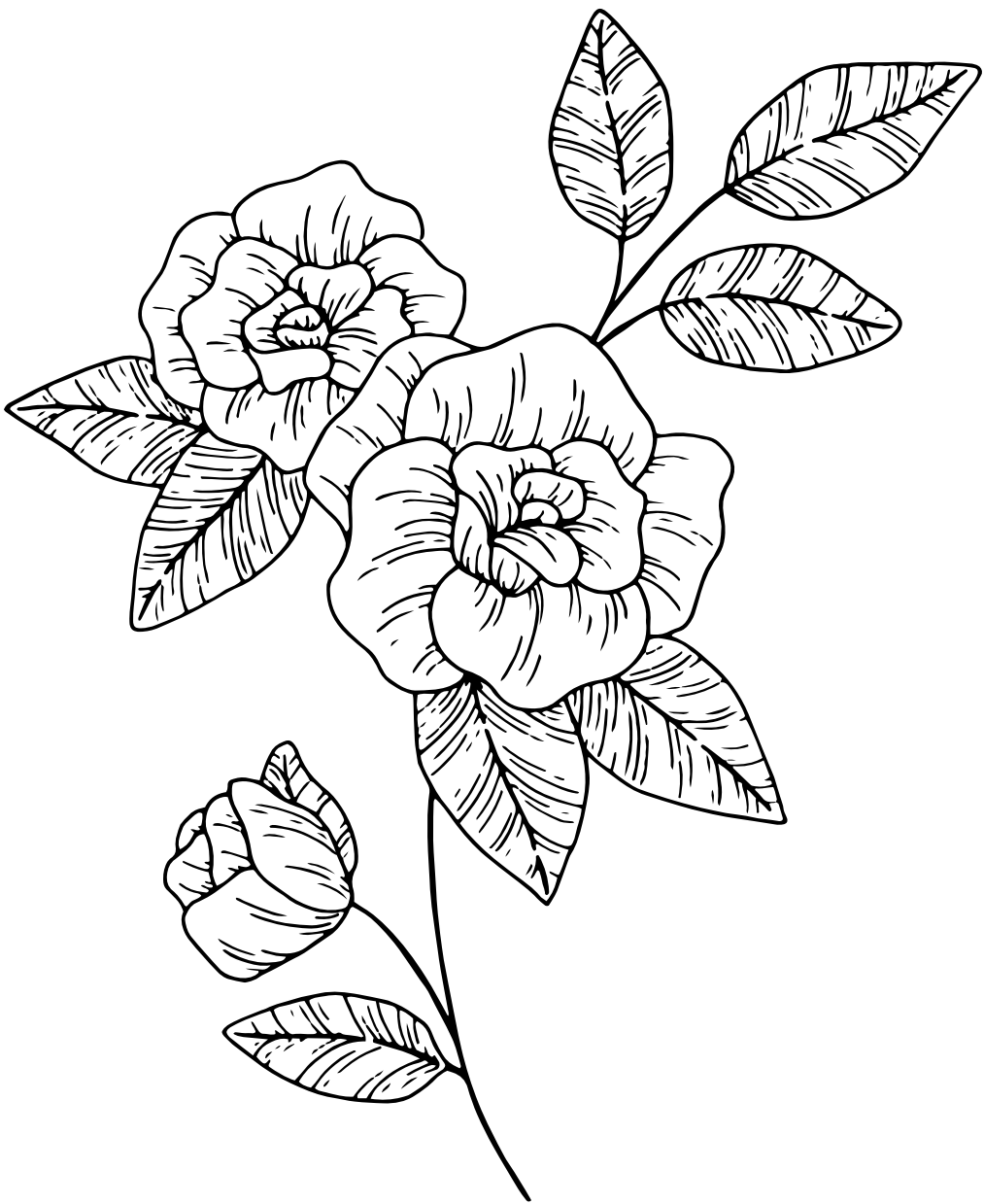


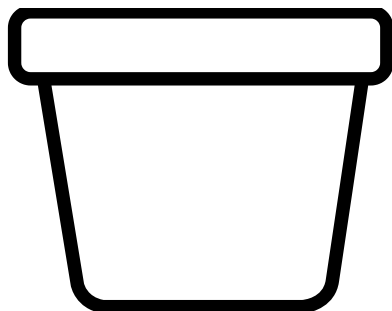
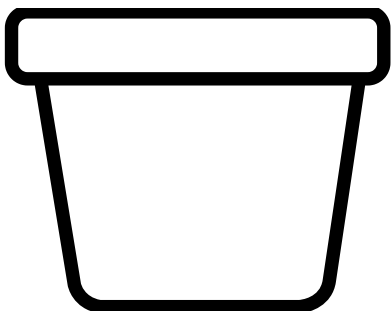
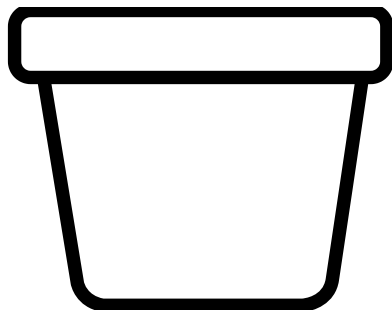
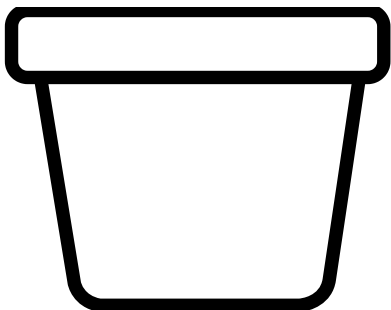












Draw plants in the planters

# Activity: Nature Scavenger Hunt

Go outside or look out of a window and try to find:

- 3 birds (bonus: see if you can find 3 different birds)
- 2 leaves with an interesting texture or colour
- 2 clouds with a cool shape
- 1 mushroom
- 2 insects
- 2 other animals, such as squirrels or chipmunks

