

Nature is...

simple

curious

balanced

inspiring

relaxing

invigorating

healthy

30 day Nature Challenge

Take time to appreciate the world around you.
Head outside and search for these objects...

1. Something beautiful
2. Something that smells good
3. Something that makes you happy
4. Something that is colourful
5. Something that surprises you
6. Something that makes a sound
7. Something that feels soft
8. Something round
9. Something you never noticed before
10. Something that makes you think
11. Something that helps you relax
12. Something unexpected
13. Something you can see in the sky
14. Something that is unique to your country
15. Something you can repurpose or recycle
16. Something that is mysterious
17. Something wet or cold
18. Something you appreciate
19. Something with stripes
20. Something hidden
21. Something that makes you wonder
22. Something up very high
23. Something that moves
24. Something you can give away
25. Something very tiny
26. Something hollow
27. Something intricate
28. Something with spots
29. Something symmetrical
30. Something special

Could you use a device to...

- 📷 Photograph what you found?
- 📹 Make a CLIPS video or a movie about your find?
- 🗣️ Record a reflection on one or more of your nature find experiences?
- 🗣️ Share your experiences and thoughts about nature to inspire or inform someone else?

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