

Garden Quest: Wellness Walk

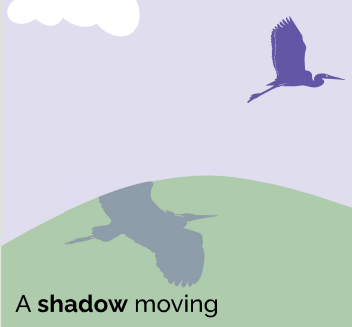
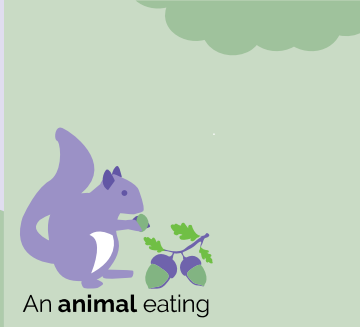
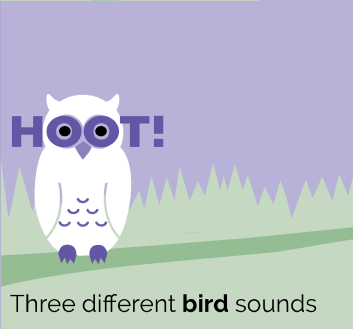
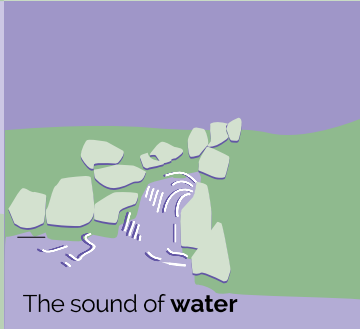


Try to find the items below and mark the boxes with an X when you find something.
Depending on the time of year, you might not be able to find all of these outside.

Today's weather

Season



 See	 A flower that makes you smile	 A shadow moving	 An animal eating
 Hear	 Three different bird sounds	 The sound of the wind on a plant	 The sound of water
 Feel	 Textures under your feet	 Tree bark with an unexpected texture	 A place to stretch your body
 Smell	 Something that smells fresh	 Something that smells sweet	 A smell that reminds you of something

Check in: How are you feeling after completing this activity?

Grateful in the Garden

Expressing gratitude can help us feel happier, calmer, and more connected to the world around us. Take a moment to write or draw some things you are grateful for.

You may want to use the prompt below or simply draw pictures of the things you are grateful for:

Thank you to _____ for _____

Example: *Thank you to the oak tree for giving me shade.*

Check in: How are you feeling after completing this activity?

Nature Journaling

Find a "sit spot," somewhere to sit for a few minutes. Use the space below to write or draw anything you observe. You can look at a Garden area from far away or look at a plant up close. Focus on what you can observe using all of your senses.

Check in: How are you feeling after completing this activity?