

Walking Scavenger Hunt

Walking is great for your physical health, but it has other benefits too. Research suggests that taking a walk can do wonders for your mental well-being. Walking improves self-perception and self-esteem, mood and sleep quality; it also reduces stress, anxiety and fatigue. In fact, there are even therapy techniques based entirely from the simple act of taking a walk!

Try taking a 30 minute walk and clearing your mind by looking for the following things along the way.

- Two different types of birds 
- A fun shaped cloud 
- A basketball hoop 
- Three different colored flowers 
- A squirrel 
- A round rock 
- A dog 
- A bug 
- A jogger 
- A bicyclist 
- A leaf 
- A mailbox 
- Something that makes you smile 

How many can you get in one walk?

