



NATURE LOVERS

Nature Walk

Fit Friday: Nature Walk

It's fun to get moving! Go for a walk in your yard, along a walking trail, or in a park and see what you can see! Use the scavenger hunt items below and the **nature checklist** in the appendix to explore your world.

Nature Scavenger Hunt

1. Find a leaf with a hole in it.
2. Find a beautiful rock.
3. Find two different kinds of seeds.
4. Find a stick.
5. Find something green.



NATURE CHECKLIST

Take this checklist on your next walk outside.
Check off all the things you find.



rock

☐


soil

☐


grass

☐


twig

☐


bird

☐


tree bark

☐


leaves

☐


insect

☐


litter

☐
☐
☐



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