



# Gratitude in the Great Outdoors

## Sensory Nature Scavenger Hunt

Sometimes we need reminders of what to be grateful for. Let's start by stepping outside and enjoying nature! Go on a sensory scavenger hunt and discover what you are grateful for in the great outdoors.

- Feel the wind on my face
- Smell a flower
- Find a pattern or design in nature
- Touch the bark on two different trees
- Put my fingers in soil
- Find a rock that sparkles
- Hear a bird chirping
- Touch a bumpy rock
- Touch a smooth rock
- Listen to insects buzz
- Feel 3 different kinds of leaves
- Listen to water running
- Touch a pinecone
- Smell dry leaves
- Listen to rustling leaves
- Look for animal tracks
- Watch ants move around
- Touch moss

## Gratitude Paper Chain

It's the time to reflect on all the things that we are grateful for this year. To make a gratitude paper chain start by cutting a piece of paper into five strips horizontally. Write what you are grateful for on each strip of paper. Take some markers, colored pencils, or crayons, and draw pictures or designs on each strip of paper. Now take one strip of paper and use tape to form it into a ring/circle. Then, thread the next strip of paper through the first ring and secure it for form another ring, repeat this step until all of your strips of paper are connected.

**For more family fun:** Have your family write what they are thankful for on each slip of paper and decorate it with a fun design. Follow the instructions to create a paper chain and now you have your very own Gratitude Paper Chain!

### **Leaf Rubbing**

One way to enjoy nature but still leave no trace is to make a leaf rubbing! Find a dry leaf that is already on the *ground*. Find a flat spot (a picnic table, pavement), put your leaf down and then put this piece of paper over your leaf. Take your colored pencil and shade in over your leaf. The leaf impression will show up on your paper!