

HEALTHY MONDAY

ULTIMATE FAMILY NATURE WALK & SCAVENGER HUNT CHECKLIST

Can you find all of the items below?



☐ FLOWERS



☐ BIRD

☐ LEAF



☐ SMALL
ANIMAL



☐ FEATHER



☐ BRANCH



☐ INSECT



☐ PINE
CONE



☐ MUSHROOMS



☐ ANIMAL
TRACKS



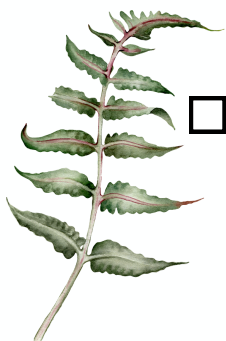
☐ NEST



☐ TREE
STUMP



☐ BUTTERFLY



☐ FERN

☐ PINE
TREE



☐ BERRIES



☐ ROCKS

TAKE AN ALPHABET HIKE

Find an item in nature that starts with each letter of the alphabet and write it down on your checklist. You may want to collect the item, take a picture or draw it in a notebook.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

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