

Inspiration:

Set up a Scavenger Hunt for Signs of Springs



Embrace Spring and venture outdoors. This activity supports connecting with our natural world, physical activity and visual attention.

As Spring unfolds, there's an eruption of activity to explore in outdoor and garden spaces. There's no excuse to delay getting outside to enjoy the brighter, clearer days. Why not extend the time out in the fresh air by organising a Scavenger Hunt?

Scavenger Hunt Ideas

A Scavenger Hunt involves spotting or collecting specific items from a designated area. Feeling competitive? - consider setting a time limit.

Alternatively, you could create a more mindful experience. Compile a list of 'things to do' and encourage participants to take a moment to observe:

1. The current weather conditions
2. The sounds they can hear
3. The delicious scents they encounter
4. The differing textures of bark they touch
5. The insects or creatures they notice
6. The most vibrant or subdued colours they observe

To extend the sensory experience, suggest that they bring back a fuzzy leaf, a smooth pebble, or a flower in a specific colour. A recycle an egg carton or plastic tray to collect your treasures in.

You can easily find downloadable scavenger hunts online, or you can create a personalised hunt by printing pictures from your garden.

Encourage others to explore and see if they can locate all the items you've included!

This activity isn't just for celebrating the arrival of Spring. With each passing month and season, there will be fresh sights, sounds, and scents waiting to be discovered, enabling this activity to become a regular.

The following sheet displays example images of various items commonly found in gardens during the early days of Spring.

Use the box to mark off any images that you can identify in your garden.



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trellis
gardening for wellbeing

Tick off the image if you spot it.



Daffodils



White tree bark



Watering can



Unfurling leaves



Decorated pebbles



Bird table



Fairy Dell



Flower buds



Peeling bark