



Nature Checklist

Have fun as you complete as many of these items as possible.

☐

Walk in the woods

☐

Watch a sunset

☐

Pick wildflowers

☐

Wade through water

☐

Climb a tree

☐

Observe wildlife

☐

Run through a field

☐

Pick and eat wild berries

☐

Watch a sunrise

☐

Sit at the roots of a tree

☐

Go barefoot

☐

Stargaze