Spring Equinox

NATURE THERAPY SCAVENGER HUNT

In our busy, fast-paced lives, it's easy to lose touch with the quiet beauty and gentle rhythms of nature. This simple scavenger hunt is a playful form of nature therapy you can do on your own, designed to help you intentionally slow down, notice subtle signs of spring, and reconnect with the natural world around you. Enjoy this mindful exploration!

- ☐ 🌷 A blooming flower – Can you find one just opening?
- ☐ 🌿 New leaf buds – Notice their tiny, vibrant beginnings.
- ☐ 🕊️ A returning bird – Listen quietly to its song.
- ☐ 💧 Dew or raindrops – Glistening softly on leaves or grass.
- ☐ 🌞 Sunlight through branches – Notice patterns of gentle warmth and shadow.
- ☐ 🐝 A pollinator – Like a bee or butterfly, awakening with spring.
- ☐ 🌱 Fresh green grass – Emerging after winter's quiet rest.
- ☐ 🌿 A new leaf bud – Small yet full of possibility.
- ☐ 🪺 A bird's nest – Look gently without disturbing.
- ☐ 🐦 Birdsong – Stop, close your eyes, and listen softly.
- ☐ ☁️ Cloud shapes – Can you spot one that resembles something familiar?
- ☐ 💧 Dew or melting frost – Nature's quiet transition from cold to warmth.

🌿 **Continue Your Nature Connection Journey**

Urban Forest Therapy helps busy people in urban and suburban environments reduce stress and rediscover peace in the present moment by cultivating a mindful connection with nature—right in their own backyard. To explore guided experiences or personalized support, visit urbanforesttherapy.com.

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NATURE BASED WELLNESS