

Nature Walk Bracelets



It's a beautiful time of year to get outside and appreciate the magic of the natural world! For this activity, all you'll need is some duct tape, some curiosity and a sense of adventure. Let's use our breath to breathe in some yummy nature smells, our ears to listen for bird, insect and nature sounds and our eyes to look for beautiful little nature gifts that we can add to our bracelets.

When you're ready to head out on your walk, cut a piece of duct tape to wrap around your wrist sticky side out. Make sure to leave some wriggle room! To get you started, we've made a scavenger hunt below that you can print out or copy onto a piece of paper to help you look for things to add to your bracelet. But if you find things that aren't on the list that you find beautiful and interesting, add them as well! This activity is about being present to all the gifts nature has to offer, and offering a gift in return.

Follow along on our nature bracelet adventure and see what gift we offered to nature by watching the video at this link:

<https://vimeo.com/eskereducation/naturebracelets>

Nature Walk Scavenger Hunt

Something soft	Three different kinds of flowers or flower petals	Small yellow or orange leaves	A piece of textured moss	A small interesting looking rock
Vibrant green blades of grass	Stop to listen to a bird's chirping conversation	Dandelion or plant fluff	Something brightly coloured	Something that smells good