

TAKE 5! Nature Walk

Sometimes you just need to take five and unwind. Head out to the Gardens with your group for this fun and relaxing activity.



1

Take a meandering walk through the gardens. Don't worry about staying on the path. If something catches your interest, follow it.

Hint: Sometimes walking slowly and quietly (like a detective) allows you to notice more unusual things that you might miss otherwise.

2

While you walk, notice five exciting, unusual, or thought-provoking things. Don't be afraid to use all your senses!

Sketch or write your five things down in the space below.

3

Share your detective findings with the other members of your group or reflect on your findings by yourself.

Did any of you notice the same things?

Why were the things you noticed interesting to you?

A large rectangular area enclosed by a dotted line, intended for participants to sketch or write their findings.