Wellbeing Wednesday Activity Card

Sometimes it's good to relax while you exercise! Try our Nature Treasurehunt.
Take a walk around your neighbourhood today and see if you can spot:

- Pretty flowers
- A bird - tweet, tweet!
- A rainbow (in the sky or in a window)
- A creeping crawly caterpillar
- A tree with flowers
- Fluffy clouds
- Busy ants
- A buzzing bee
- A butterfly