



# Create a 'Grab and Go Bag' with outdoor activities to

## Play Relax Create Connect

Here are just a few ideas.



### Pack

- Small Ball, pack of cards
- Bottle of blowing bubbles
- Scissors and small bags to collect things
- Pencils, paper, chalk - to Doodle or draw nature
- Magazines with nature photos
- Something to sit on



### Print out and laminate

- Seasonal nature Spotter guides
- Scavenger hunt questions
- List of things to do with no equipment (cloud watching, I-Spy)
- Mindful time in Nature guide (eg 5-4-3-2-1)

