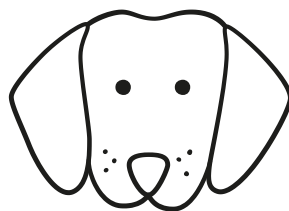
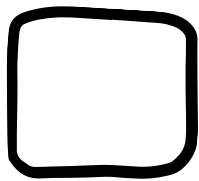
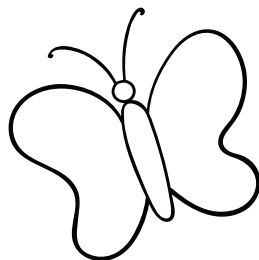
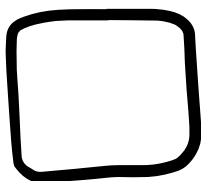
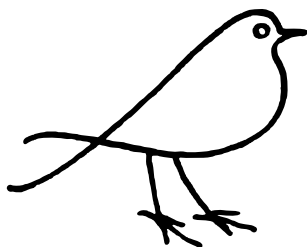
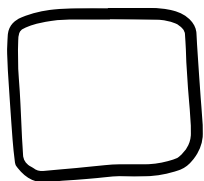
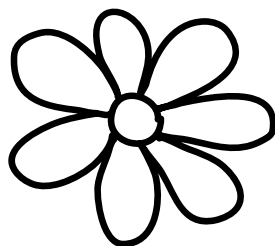
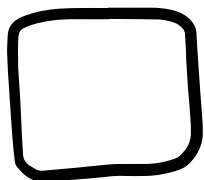


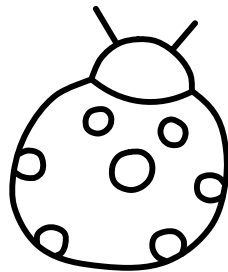
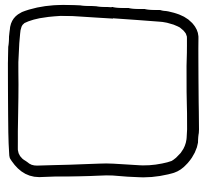
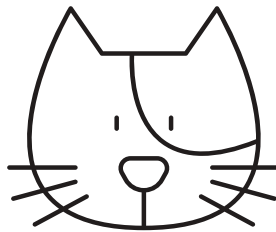
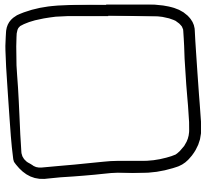
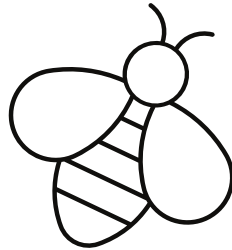
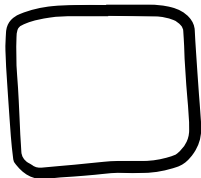
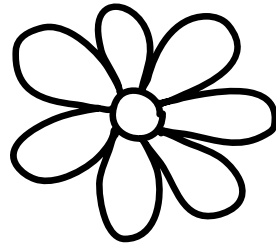
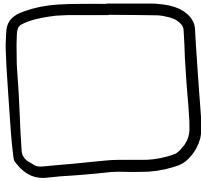
Mindful Nature Hunt

Stop. Look. Listen.



Mindful Nature Hunt

Stop. Look. Listen.



Go for a walk, and draw what elements of nature you see, hear, smell and feel. Some examples may be grass, clouds, birds or roses.