

It's important to go outside every day. Try Rebel Road Creative's scavenger hunt prompts to make the most of your outdoor time:

Take off your shoes and walk barefoot on the grass.

Look for an unusual cloud shape or pattern.

Touch some tree bark.

Smell a flower.

Walk slowly, taking note of every little detail.

Look for an interesting shadow.

Create a collection of small objects (like leaves, pebbles, pine cones...)

Spot an animal or human tracks.

Identify a pleasant smell.

Look for someone in uniform.

Gaze at chimneys and rooftops.

Look for the smallest window.

Spot a vibrant mural.

Listen carefully - what do you hear?

Dispose of a piece of litter.

