

Seasonal Scavenger Hunts

Take a **stroll** and look out for seasonal changes.

Wheelchair friendly walks can be a **calm** and **peaceful** activity.

A Scavenger Hunt can provide a **focus** and **purpose** to a walk

Having a purpose can **reduce pressure** and **anxiety** that some people may face when feeling the need to create conversation.

The Scavenger Hunt can encourage **focus**, **shared attention** and **team work** without a communication burden.



Spring Scavenger Hunt

Daffodil

Snowdrops

Crocus

Fresh buds on the trees

Scented blossom

New green leaves

a piece of eggshell that
has fallen on the ground

Springy moss

Lichen covered twig

Listen for bird song

Please stay well away from wildlife
Do not disturb any nests



Summer Scavenger Hunt



Autumn Scavenger Hunt

Shiny conkers

Red leaves

Golden leaves

Prickly green conker
case

Tough, shiny
evergreen leaves

Helicopter seeds

Brown acorn

Rowan berries

Please stay well away from wildlife
Do not disturb any nests



Winter Scavenger Hunt

Rough, cracked, old bark

Pine needles

Holly

Robin with a red breast

Pine cone

Frost/snow

Evergreen leaves

Brown leaves

Feather

Please stay well away from wildlife
Do not disturb any nests