On your solo walk
1. Follow the trail of cards
2. Walk silently and solo
3. Stay on the trail
4. Be brave

LOOK AROUND
Find a piece of nature that represents you.

LOOK UP
What leaf shapes do you see?

LOOK DOWN
Can you find a flower?
BREATHE DEEPLY

What do you smell?

CLOSE YOUR EYES

What sounds do you hear?

LOOK AROUND

Can you find a cone?

ALMOST DONE...

How did the walk make you feel?