

WINTER SENSES

Scavenger Hunt

THINGS TO SEE



A colourful berry or flower



A shoot poking through the ground



A bud



Something naturally spiky



A nest in a tree

THINGS TO HEAR



Bird song



People

THINGS TO FEEL



A breeze on your cheek



The bark of a tree

THINGS TO SMELL

Decomposing leaves



What to do: being amongst nature and using all your senses is a great way of reducing stress and can also be fun! See how many you can experience today - if you have a smartphone, you could take a photograph of this poster and use the edit function to help you. Copies can also be downloaded from our website: www.lichfielddc.gov.uk/winterhunt