

Nature walks are a great way to decompress and focus on the present. Treating yourself to movement **is good for the body and soul!**

Challenge yourself to get outside. Take it one step further and engage in either the Utah Bird or Wildflower & Weed Scavenger hunt... you may need to bring healthy snacks! Check out the resources put out by the **Natural History Museum of Utah**

Utah Bird Scavenger Hunt

Utah Wildflower & Weed Hunt

