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