



# nAMI Walks

## YOUR WAY

## Fun Day Sunday



### Nature Scavenger Hunt

Here's a fun activity to try when you are out walking on one of the many hiking trails or bike paths around the state. Have a little scavenger hunt with friends and family. It can be as simple as giving everyone with a list of items to look for and checking them off as you see them. Or make a game out of it to see who finds everything first.

Try a themed hunt or add a twist like finding three items for every color of the rainbow. Whatever you decide to do, the idea is that you have fun and spend time outside!

Here are some links to some free printable nature scavenger hunt lists:

- [The Nature Conservancy Scavenger Hunts for Kids](#)
- [5 Senses Nature Scavenger Hunt](#) - Find items on the list using one of your 5 senses.
- [A, B, C Scavenger Hunt](#) - Find items that start with each letter of the alphabet.
- [Color Walk](#) - find items for each color of the rainbow.
- [Basic Nature Scavenger Hunt](#)
- [Make up a list of your own with some of these ideas.](#)

### NAMI Vermont Minute:

Did you know that NAMI Vermont has a list? It's a wish list of items that could help support the success of our programs and services. From food and gas cards to books for our lending library, from binders to flash drives, our office can help you land on the perfect in-kind donation. Contact [info@namivt.org](mailto:info@namivt.org) or call 876-7949 for ideas.