

Nature Walk Scavenger Hunt



Outdoor Activities | Social

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WHAT MAKES IT MEANINGFUL

A nature scavenger hunt promotes physical activity, mindfulness, and curiosity. It helps participants connect with their environment while practicing attention to detail, teamwork, and sensory engagement in a calm and enjoyable way.

TIME

- 30–60 minutes
- Flexible based on location, group size, and pace

MATERIALS

- Printed **scavenger hunt checklist** (with pictures and/or words)
- Clipboards and pencils/markers OR stickers for marking items found
- Optional:
 - Magnifying glass
 - Binoculars
 - Bag or basket to collect safe items (e.g., leaves, pebbles)
 - Digital camera or phone for photo hunt
 - Visual timer or watch

INSTRUCTIONS

1. **Review the checklist together**
 - a. Show each item on the list (with real objects or pictures)
 - b. Use simple language: “We’re going to look for a leaf, a rock, a bird, and more!”



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2. Head out on your nature walk

- a. Stay together as a group
- b. Use the list to search for items in the environment (see sample list below)
- c. Mark each item off when found—using a check, sticker, or drawing

3. Pause for sensory exploration

- a. Touch a tree's bark, listen for bird calls, smell a flower
- b. Optional: sit for a 5-minute "quiet listening moment"

4. Wrap up and share

- a. Review the list and celebrate what was found
- b. Invite participants to show or describe a favorite item or sound

SUPPORTS NEEDED

- **Visual checklist** with large pictures and simple words
- **Verbal prompts** and encouragement: "What can you hear?" or "Can you find something green?"
- **One-on-one or buddy support** for walking and safety
- **Flexible pacing** with scheduled breaks or seated options
- **Noise-canceling headphones** or calming tools if needed
- **Sensory alternatives** (e.g., photo scavenger hunt instead of collecting items)
- **Safety reminders:** stay with group, no touching wildlife, walk carefully
- **Celebration of effort:** praise for noticing, listening, and participating

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OTHER THINGS TO NOTE

- **Sample Scavenger Hunt List (with icons)**

✓ Find or notice:

- 🍁 A red or yellow leaf
- 🐦 A bird (or bird sound)
- 🌻 A flower
- 🪨 A smooth rock
- 🕷️ A bug or insect
- 🌲 A tree taller than you
- ☁️ A cloud shape
- 💧 A puddle or wet spot
- 🦋 A butterfly or bee
- 🍂 Something crunchy
- 🐾 An animal track or footprint
- 🕯️ Something that smells good
- 👂 Something you can hear (like wind or rustling)