

the *Fresh Air* fund

Ways to Fall in Love with Nature

Nature Scavenger Hunt!

Head out on a sunny day and try to find the following items:

- A green leaf
- A smooth rock
- An acorn
- A bird
- An insect
- A squirrel or chipmunk
- Animal tracks

Plant something that grows!

Whether it's a tree, flowers or crops in the garden, plants are a great way to keep our air clean, protect our soil and support animals and people by providing food, shelter, medicine and other materials.

Bring Nature to the Canvas

The beauty of nature inspires creativity. Bring some art materials to your favorite outdoor spot and draw what you see. It's a great way to relax, and you'll have a unique piece of art for your walls!