



HERE

NATURE
ACTIVITY

NATURE SNAPSHOT CHALLENGE

- Go outside and explore like a photographer.
- Take photos of as many different bugs, flowers, plants, or natural patterns as you can, choosing one thing to focus on.
- Move slowly and look closely at details you might normally miss.
- Aim for at least 5-10 image of your chosen subject.

Discussion Prompts:

- What did you notice that you usually walk past without seeing?
- How did it feel to slow down and focus on small details?
- Did anything surprise you about what you found?

When we focus our attention on one thing at a time, it can help calm the mind and reduce mental overload.