FREE FALL DISCOVERY PACK • NOTICE

Fall Scavenger Hunt

A gentle noticing adventure for backyards, neighborhoods, parks and trails.

Move slowly. Check off what you find. Nothing needs to be collected.

- ☐ A leaf with two colors
- ☐ An acorn or seed
- ☐ A soft patch of moss
- ☐ Something red
- ☐ A mushroom — look, do not touch
- ☐ A leaf larger than your hand
- ☐ Something shaped like a star
- ☐ A bird call
- ☐ A spiderweb
- ☐ A smooth stone
- ☐ A sign an animal was here
- ☐ Something that smells earthy

My favorite discovery was...

For educational use; not medical advice. Choose activities suited to your abilities, weather and surroundings. Observe wildlife respectfully and leave living things where they are.

FREE FALL DISCOVERY PACK • EXPLORE

Backyard Nature Bingo

Five in a row, four corners or a full card — choose your own adventure.

Bird in flight	**Yellow leaf**	**Pinecone**	**Tiny insect**	**Cloud shape**
Rough texture	**Acorn**	**Birdsong**	**Feather**	**Spiderweb**
Moss	**Animal track**	**FREE: NOTICE**	**Red leaf**	**Smooth stone**
Seed pod	**Tree bark**	**Something moving**	**Mushroom**	**Squirrel**
Dried flower	**Y-shaped twig**	**A scent**	**Moon**	**Wind in leaves**

Try it three ways

A five-minute window view. A slow walk around the block. A longer visit to a park or trail. The goal is not speed — it is noticing.

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FREE FALL DISCOVERY PACK • SLOW DOWN

Autumn Senses Walk

A screen-light, 10-minute practice for noticing and remembering the season.

SEE

Name five colors or shapes.

HEAR

Notice the nearest and farthest sounds.

FEEL

What textures or temperatures are present?

SMELL

What does the air, soil or leaf litter smell like?

BREATHE

Take three comfortable breaths and soften your pace.

Stay on safe, familiar paths. A seated or window-side version counts, too.

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FREE FALL DISCOVERY PACK • REFLECT

What I Noticed

Something that surprised me...

A sound I want to remember...

A color or texture that stood out...

How my body and mind feel now...

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FREE FALL DISCOVERY PACK • CARRY IT FORWARD

Seven Fall Journal Prompts

1. What is changing around you?

2. What are you ready to release?

3. Where did you find beauty today?

4. What does enough feel like?

5. What are you gathering for the season ahead?

6. What helps you feel grounded?

7. What would you like to notice more often?

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