

# SLOW EXPERIMENT SCAVENGER HUNT

Join in this month's #slowhomeexperiment and prioritise time spent outdoors. Aim for 60 mins a day of outside time for the next 30 days - it could be exercise, gardening, eating outside, going for a slow walk or a weekend hike - or if you need some inspiration, see how many of the following ideas you can tick off during the month.

## FIND

- A spider's web
- A flower in bloom and study it closely
- A tree to climb
- A new-to-you park, trail or garden
- A spot to sit and watch the light change

## FEEL

- The sun's warmth on your skin
- A plant with a spiky texture
- Wrap your arms around a tree
- Feel the earth as you plant something
- Find some smooth rocks and skim them

## SMELL

- Breathe deeply and notice the scents
- Literally stop and smell the roses
- Go outside after rain & breathe deeply
- Bend down low and smell the dirt
- Crush a leaf and breathe in its scent

## LISTEN

- For a new bird song
- To the breeze in the trees
- Lay on the grass and listen to the earth
- To kids playing in the park
- Find a quiet spot & soak in the silence

## WALK

- Barefoot on the grass or path
- Through the park on your lunch break
- Slowly around your neighbourhood
- With someone you love, holding hands
- Alone, before sunrise

## WATCH

- Sunrise
- Ants, worms or bees do their work
- Sunset
- Pack a picnic and go stargazing
- Lay on the grass, watching the clouds

JOIN IN: Use #slowhomeexperiment to share your efforts,  
and tune in to the Slow Home Podcast every Thursday