









Interact with nature even you are at home! Enjoy a short nature video clip, observe carefully and see whether you can find the surprises shown in the following pages. Tick the box if you successfully spot them.



- Find a relaxing corner at home to enjoy the video clip
- · Adjust the brightness of your screen to a comfortable level
- Invite your family or friends to be your scavenger hunt buddies
- · Share your findings with family and friends after the hunt
- Be open, relaxed, and simply allow yourself to enjoy the video



- Avoid staring at the screen for too long and too closely. Take rest at reasonable intervals
- Stay focus and switch off any ringing device when you are enjoying the video

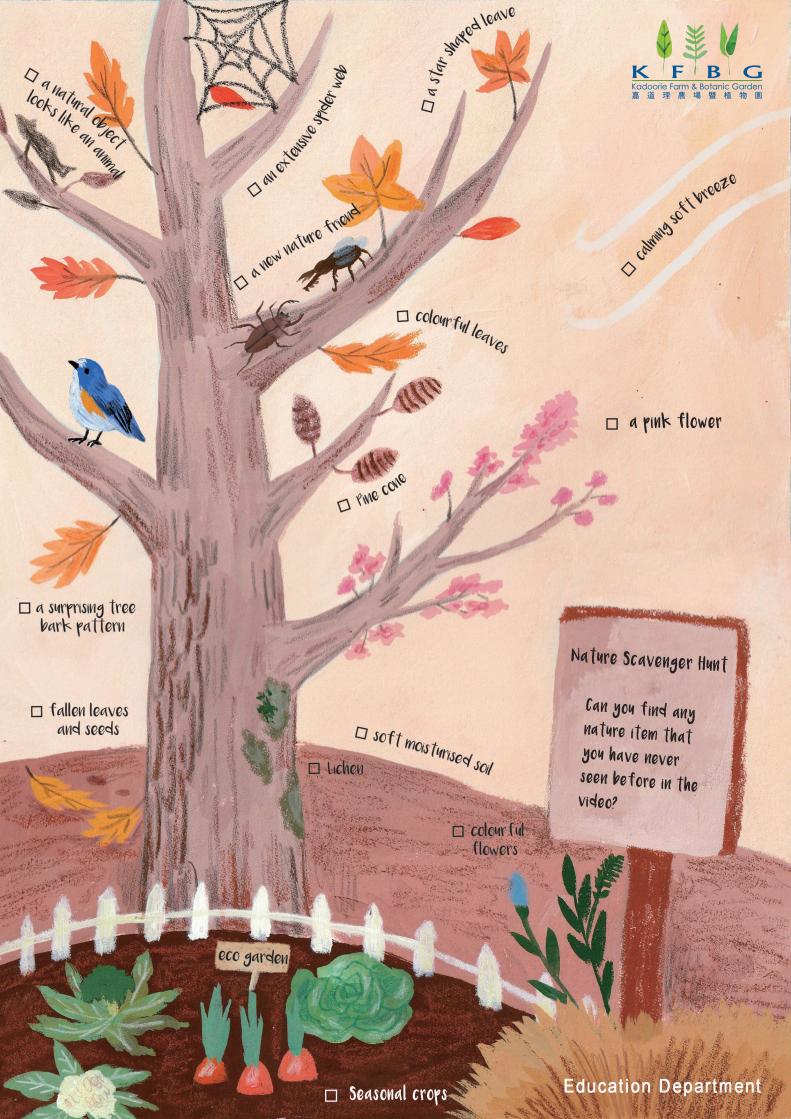




HOW LONG?

• The hunt takes around 20 - 30 minutes



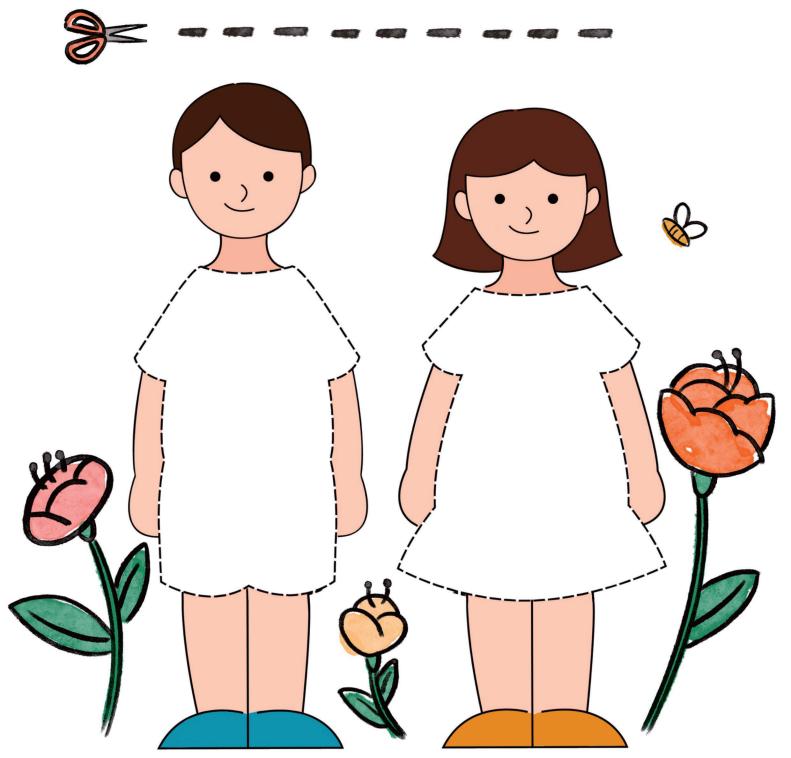






- Cut out the frame along the cutting line
- · Observe how beautiful and colorful nature is in the video
- Place the frame onto the screen when you find a nice shot and let nature fill the color!
- Appreciate the art work











## ENJOY ME TIME IN NATURE!

If you have chance to take a short outdoor walk, engage with all your senses and take a picture of the unforgettable scenarios when you discover the following...



When you hear water flowing in nature When you hear birdsong

When you smell freshness in the air





When your fingers touch a special texture

When you see something that makes you say 'wow' When you find an area with no one else in sight





When you find something edible in nature

When you encounter something that makes you smile





When you see hope for the future When you feel at one with nature