

Name \_\_\_\_\_

Date \_\_\_\_\_



**NATURE HEALTH BENEFITS LIVE**

**Nature Health Benefits LIVE – Episode 2 Challenge**

	<b>Day 1 outside for 15 minutes</b>	<b>Day 2 Outside for 15 minutes</b>
<b>What do you hear?</b>		
<b>What do you smell?</b>		
<b>What do you see?</b>		
<b>What is the weather like?</b>		
<b>How do you feel after your time outside?</b>		