



Novel Heights

CONFIDENCE. INDEPENDENCE. RESILIENCE.
Through Meaningful Experiences in Nature



A SIMPLE WAY TO *Explore Together*

NATURE SCAVENGER HUNT

Turn an ordinary walk into an adventure
your kids will love! ♥



EXPLORE

Head outside with
curiosity and
open eyes.



FIND

Look for the items
on the list.
Who can find
them all?



CONNECT

Talk about what
you find, take
pictures, and
enjoy the moment
together.



MAKE MEMORIES

It's the little
adventures that
leave a big impact.

WHAT CAN YOU FIND?

- ☐  A leaf
- ☐  A smooth rock
- ☐  A pinecone
- ☐  A flower
- ☐  A stick
- ☐  A feather
- ☐  Something that crawls
- ☐  Something that makes you happy



OT TIP FROM NOVEL HEIGHTS ♥



Outdoor exploration builds more than
memories—it strengthens **attention**,
visual scanning, **problem solving**,
motor skills, and **emotional regulation**.
Every adventure supports your
child's growing brain!

OUR DISCOVERY

Draw a picture or add a photo of
your favorite find!



WHY THIS ACTIVITY MATTERS



VISUAL ATTENTION

Strengthens focus,
observation, and
visual scanning.



LANGUAGE DEVELOPMENT

Encourages talking,
describing, and
asking questions.



MINDFULNESS

Promotes presence,
calm, and
connection.



EXECUTIVE FUNCTIONING

Builds planning,
flexibility, and
problem solving.



SENSORY DEVELOPMENT

Engages senses
and supports
motor skills.



SCAN TO VISIT OUR
FREE RESOURCES PAGE!
More printables, activities,
and tips for families! ♥

OUTSIDE IS WHERE
curiosity grows,
CONNECTION DEEPENS,
AND MEMORIES LAST.

TAG US ON YOUR ADVENTURES!

We'd love to see your
nature discoveries.



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