Your local parks staff invites you out where the air is fresh and the world feels new.
This family Quest has you searching for different colors, shapes, textures, smells and sounds in nature.
Search the parks, trails, and even your neighborhood as you hike with your children.
You can simply write in the name of your finds next to each item below.
For added fun, bring along a small pail to collect your finds.
Back home, use glue and string to assemble your items into a fun creature.

<table>
<thead>
<tr>
<th>Find something in nature this color:</th>
<th>Find something in nature this shape/texture:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Textured</td>
<td>Plastic</td>
</tr>
<tr>
<td>Floral</td>
<td>Pine Needles</td>
</tr>
<tr>
<td>Fresh</td>
<td>Croaking frog</td>
</tr>
<tr>
<td></td>
<td>Chirping cricket</td>
</tr>
</tbody>
</table>

Smell these scents. Check the box when smelled.
- Fresh air
- Flower
- Pine Needles

Listen for these sounds. Check the box when heard.
- Singing bird
- Croaking frog
- Chirping cricket
Your parks and recreation staff is invested in the health of our community. To this end, we are challenging you to seven Family Quests that take you on a new outdoor adventure each week.

According to the Physical Activity Guidelines for Americans, regular physical activity provides long-term health benefits. Adults get the most health benefits by doing 150 minutes of moderate-intensity physical activity per week. Children and adolescents should do 60 minutes or more of moderate- or vigorous-intensity aerobic activity daily.

Being physically active in nature can improve your health and fitness, reduce stress, and create a sense of well-being for you and your family. Have fun, be active and get fit in our parks and on our trails.