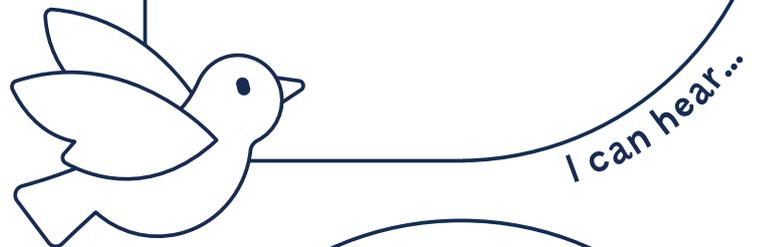
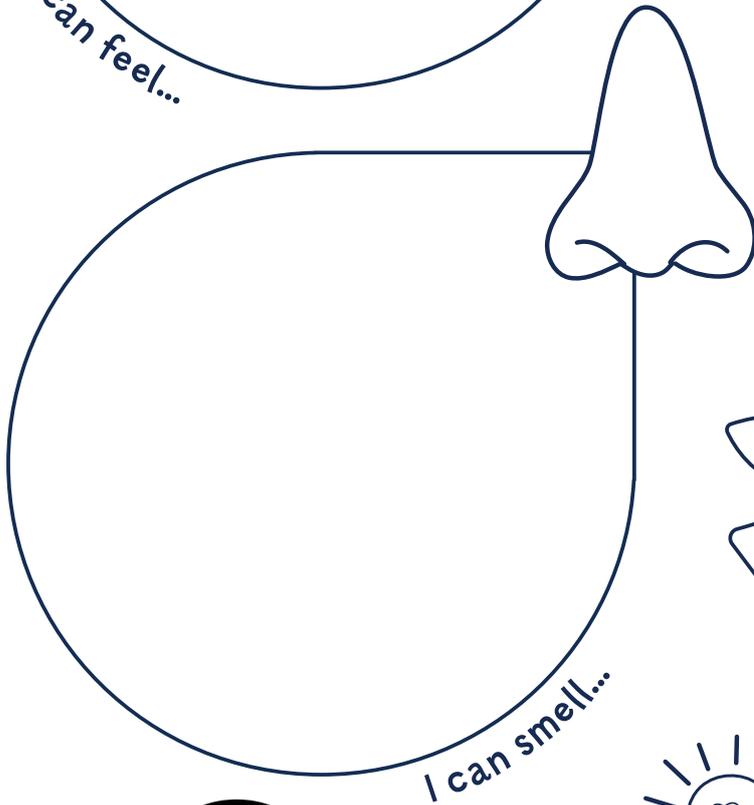
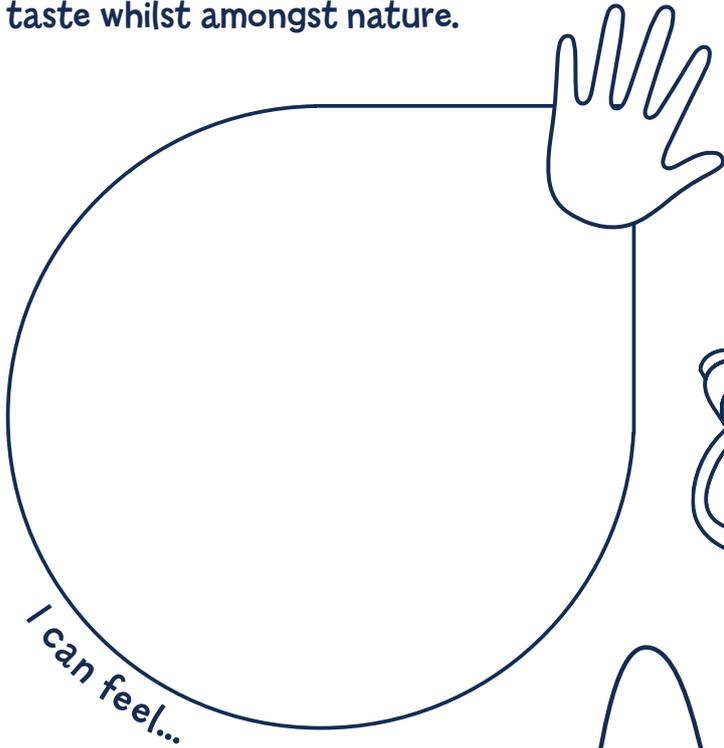
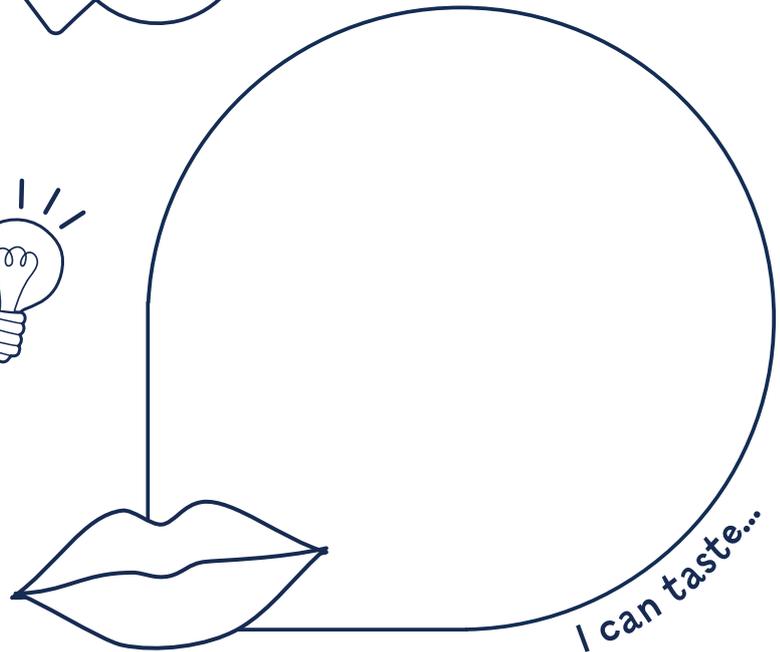


My Wild-ful Mindful Moment

Get in tune with your senses and enjoy the fresh air!
Record the things you can see, feel, hear, smell and taste whilst amongst nature.



Here's an Idea!
Why not use your mindful moments from this activity to help you earn your Senses badge collection too?



#30DaysWild