

REWILD YOUR LIFE CHALLENGE

Presented by



and



- Hike, run, walk, or spot animal and plant life for 30 minutes
- Spot a bird perching, a bird flying, or a bird nest
- Create your own trail mix
- Go on a rock hunt
- Identify three different species of plants
- Unplug for one hour and watch local wildlife
- Find north, south, east, and west using shadows
- Identify an animal by its tracks

