

Prompt #1



Write or **draw** your answers!

1. My favourite thing to do outdoors during the pandemic was _____.
2. An animal I saw outdoors was _____.
3. Other things I saw outside were _____.
4. I liked to go for a walk to _____.

**Lost&
Found**

Prompt #2



Write about or **draw** a walk you took outside during the pandemic.

- Where did you go?
- Who were you with?
- What did you do?
- How did it make you feel?

**Lost&
Found**



Prompt #3

Write about or **draw** an activity you did outdoors together during the pandemic.

- How did it make you feel?
- Do you remember different things about being outside?

**Lost&
Found**



Prompt #4

For caregivers

Write about or **draw** a story that you would like to share with your little one when they grow up, about something you did outdoors together during the pandemic.

**Lost&
Found**

Prompt #1



Tell us about a walk you took outside during the pandemic.

- Where did you go?
- Who were you with?
- What did you do?
- How did it make you feel?

**Lost&
Found.**

Prompt #2



Tell us about an activity you did outdoors together during the pandemic.

- How did it make you feel?
- Do you remember different things about being outside?

**Lost&
Found.**

Prompt #3



For caregivers

Tell us a story that you would like to share with your little one when they grow up, about something you did outdoors together during the pandemic.

**Lost&
Found**

Prompt #4



Share some of the sounds you heard during the pandemic.

**Lost&
Found**

Prompt #1



Show us a time when you went outside and saw an animal during the pandemic

- What was it doing? Move like the animal moved.
- How did it make you feel? Happy, sad, afraid, or something else?

Lost&Found.

Prompt #2



Show us with your body your favourite tree, plant, or flower!

- How big is it?
- What shape is it?
- How does it move?
- Does it dance? Show us how!

Lost&Found.

Prompt #3



Act out a walk you liked to go on.

- Show us how you would walk, stop, look and play.
- Move like some of the things you'd see.
- How did it make you feel?

**Lost&
Found.**

Prompt #4



For caregivers

Act out any story you'd like to share about being in nature during the pandemic.

**Lost&
Found.**