

# FOREST BATHING

## Expedition

Thanks for printing off the tick list of creatures for your forest bathing expedition.

Remember to try and move slowly in the woods and to enjoy the woodland experience.

If you have grown-ups with you, make sure they behave and keep quiet, so they don't scare the animals away. Keep your eyes and ears open and hopefully you'll see some of the things on the list. Tick them off as you go, maybe count how many of each you

find. You don't need to find them all...

Thanks to those fabulous people at Frugi Love Organic we have a £50 voucher to give to give away in a competition to one lucky person.

To win the voucher, you need to ask a grown-up to find our **@sussexliving** Facebook page and tell us where you went, what you saw and how many you saw.

You can see the full range of Frugi things at **www.welovefrugi.com** so why not take

a look at their website and see what you might be able to spend the voucher on. The competition will run until the end of the Easter school holidays. On Monday 19th April we will pick the entry we like best to be the winner. Good luck.

Sponsored by

**frugi**  
Love Organic



Pine tree ☐



Holly tree ☐



Oak tree ☐



Fish ☐



Moth ☐



Beetle ☐



Silver Birch tree ☐



Sycamore tree ☐



Frog ☐



Loch Ness Monster ☐



Blackbird ☐



Blue Tit ☐



Buzzard ☐



Woodlouse ☐



Squirrel ☐



Deer ☐



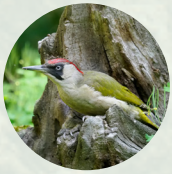
Fox ☐



Rabbit ☐



Crow ☐



Green Woodpecker ☐



Kingfisher ☐



Magpie ☐



Pheasant ☐



Sparrow ☐



Thrush ☐