

## 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**

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## 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**

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## 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.**

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## 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**

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## 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.**

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## 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.**

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## Prompt #4



*For caregivers*

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

**Lost&  
Found.**