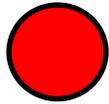
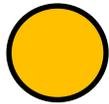
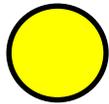


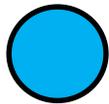
*Colors of the Rainbow*  
See if you can find things in nature for all the colors of a rainbow.

 Red  
1.  
2.  
3.

 Orange  
1.  
2.  
3.

 Yellow  
1.  
2.  
3.

 Green  
1.  
2.  
3.

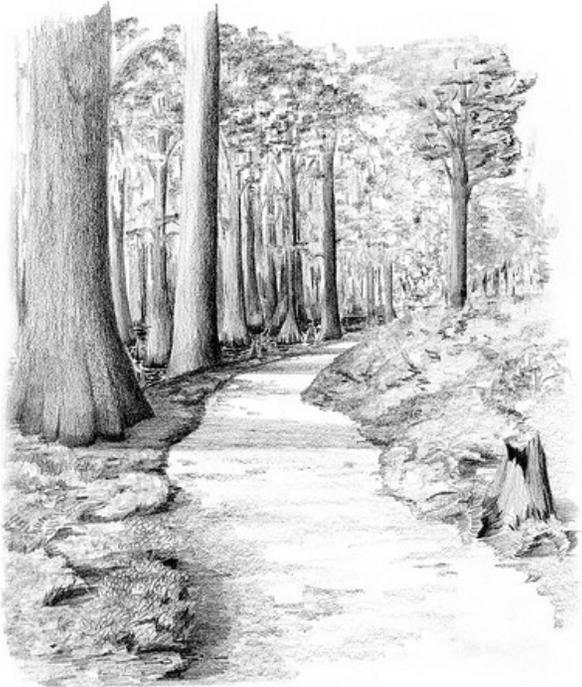
 Blue  
1.  
2.  
3.

 Violet  
1.  
2.  
3.

*Virginia State Parks*

Douthat State Park

Self guided activities for you to enjoy at the park or at home.



**Douthat State Park**  
14239 Douthat State Park Road  
Millboro, VA 24460  
Phone 540-862-8100



## Sensory Nature Walk

Take only photographs. Leave only footprints.

I Smell:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I See:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I Hear:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I Feel:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Daily Dose of Nature

Challenge yourself to complete one nature activity each day.

- Bird watching
- Worm hunting
- Look for animal tracks
- Build a bug hotel
- Puddle jumping
- Build a nest
- Find something that could be used as a paintbrush
- Make leaf and bark rubbings
- Take a closer look at the ground
- Make nature faces with rocks and leaves
- See what shapes the clouds are
- Go for a nature treasure hunt
- Stargaze after dark
- Close your eye and see how many different sounds you can hear. Try during the day and night. Note the differences.



## Nature Scavenger Hunt

Take only photographs. Leave only footprints.

- Nature scavenger hunt checklist
- Something smooth
- Something green
- A bird's nest
- Animal tracks
- Something that smells good
- Water source
- Insect
- Something an animal would eat
- Something very old
- Something that doesn't belong
- Signs an animal has been in the area
- Something that is soft
- An animal's home
- A seed
- Y-Shaped Stick
- Wildflower
- Insect bites on a leaf

