

Family Samhuinn Autumn Explorer Challenge!

By Lorraine Prince

Ten Things to spot	
1. Trees changing colour	
2. Rowan berries	
3. Mushrooms / fungus	
4. Pine tree / cone / needles	
5. A squirrel	
6. An acorn	
7. Sun shining through leaves	
8. Rose hips	
9. Sparkles of dew or frost	
10. Mist on your breath	



Five Things to Collect	
1. Autumn leaves for crafting activities	
2. Conkers!	
3. <u>Seeds to save for planting in spring</u>	
4. Blackberries and apples to make recipes with	
5. Beautiful items from nature to make a mandala	

Five Things to Experience	
1. The sound of the wind in the trees	
2. The crunch of leaves under your feet	
3. The smell of the damp earth	
4. An intense autumn sunset	
5. A warm drink when you get home	



