

Enchanted Realms



Once upon a time there existed enchanting realms and fantastical lands, where marvellous beasts roamed free and awe-inspiring creatures' dwell.

Here we encounter colossal giants and delicate sprites, unseen by human eyes. Ethereal beasts will reveal themselves from the shadows, if only we pause long enough to look.

Search with all your senses (plus a good dose of healthy imagination) for...



GIANTS

- The Biggest Stick
- The Biggest Leaf
- The Biggest Pebble
- Tallest Piece of Grass
- Giant's Home
- Tears of a Giant
- Giant's Roar
- Dragon's Breath

ETHEREAL BEINGS

- Fantastic Shadow
- Fantastic Beasts Footprints
- Eight Legend Hunter
- Slipperiest Creature
- Brightest Coloured Creature



SPRITES

- The Smallest Stick
- The Smallest Leaf
- The Roundest Pebble
- A Fairy's Home
- Three Different Minibeasts



SORCERER'S SPELLBOOK

- Mystic Quill
- Sparkling Crystal
- Silver Thread
- Lucky Charm
- Moonlit Drops
- Magic Wand



You need 3 out of 4 sets to complete this challenge.

SPY

I Spy is a classic children's game that can be adapted as a wellbeing and mindfulness activity for adults. It involves focusing on the present moment and using observation skills to identify items around you, cultivating mindfulness by directing your attention to the details of your surroundings and fully immersing yourself in the present experience. It encourages you to slow down, observe with intention, and appreciate the beauty and intricacies of your environment.

By paying attention to the physical environment, you redirect your attention from any racing thoughts or distractions, and back to the present moment to help you feel calmer. And of course, when you're calm, your dog is calmer.

Spy at least 12 items from the summer scavenger list below! Feeling artistic? Draw, paint or collage them!

I spy with my little eye...

- 3 Different Shells
- Sandals and Socks
- Watermelon
- An unusual shape in nature
- Flag Flying
- Someone Watering their Garden
- Line of Ants
- Sprinkler
- Tent
- Crickets or Grasshoppers
- Dragonfly
- Tennis
- Sunflowers
- Dog Rose
- Mint
- Chamomile
- Yarrow
- Lavender
- Couch Grass



Use the hashtag #sunshinesv