



Mansfieldmuseum








Wellbeing Wednesday



Mansfield District Council

When you go out for your daily exercise, try and see how many of these different items you can spot.

You could take a pen or pencil with you, to keep track of how many you spot using the grid below.

	Record how many you spot here.		Record how many you spot here.
Dandelions 		Butterflies 	
Ladybirds 		Robin 	
Oak tree 		Bee 	
Daisy 		Pine cone 