

Walk & Play

GUESS THE SOUND

One player closes their eyes. The other player picks up an item from nature and makes a sound with it. The first player tries to guess what the item is.

Scratch a rock on the ground.

Rub a stick on a pinecone.

Crunch a dry leaf.



Play Builds Brains!

Reduces Stress | Increases Joy | Builds Strong Relationships



(403) 715-4585
buildingbrains.ca
buildingbrainstogether@gmail.com

