



OV Unplugged Screen-Free Challenge

Use this outline of a bird to trace this shape onto a piece of cardboard or a paper plate. Next go for an outdoor treasure hunt looking for grasses, leaves, pebbles, bark, feathers, flowers, sticks, and other items from nature. Take time to notice how each item looks, feels, and smells. Afterwards be creative and glue those items onto your silhouette of a bird. Nature is a truly wonderful thing; all we need to do is take time to notice it!

Create a Sensory Bird
#OVunplugged #OVstrong