

# A week of Walkabouts

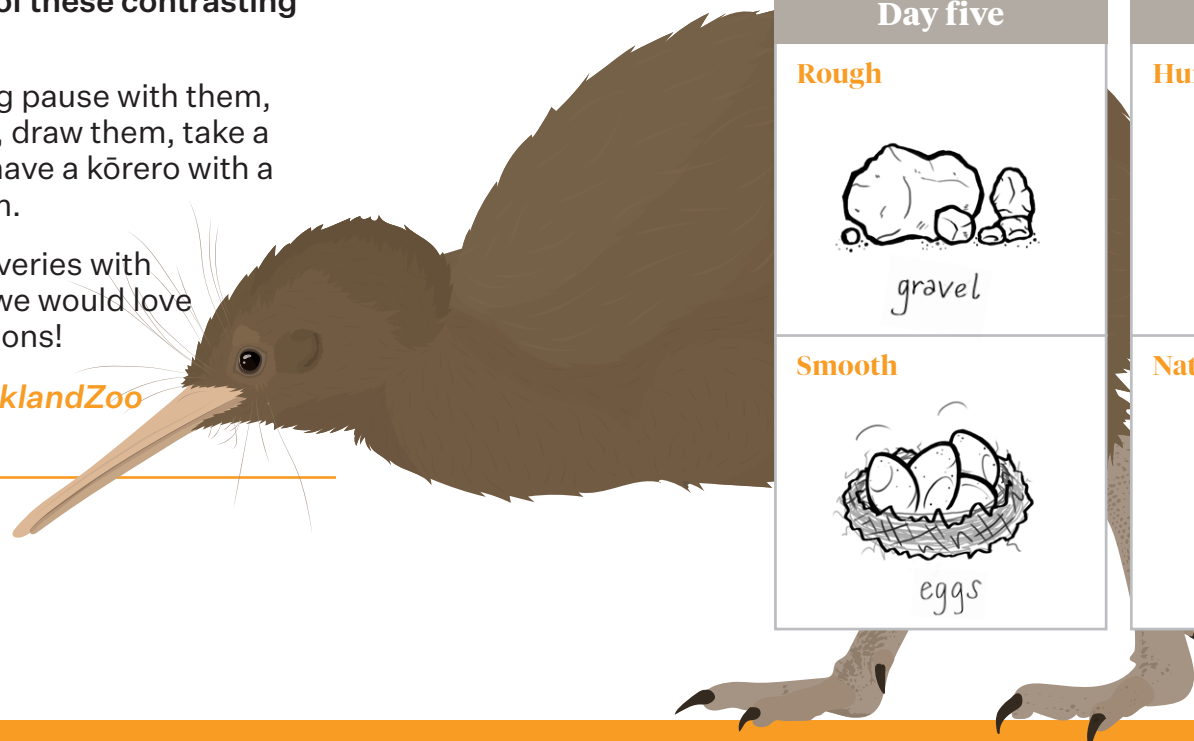
## Connecting with nature is great for your mental health.












Take a moment to be mindful on your daily walk and look at your surroundings through a focused lens. Each day challenge yourself to find three examples of these contrasting partnerships.

Have a wondering pause with them, write them down, draw them, take a photo or simply have a kōrero with a friend about them.

Share your discoveries with Auckland Zoo – we would love to see your creations!

[#createwithAucklandZoo](https://twitter.com/createwithAucklandZoo)



Day one	Day two	Day three	Day four
<p><b>Above</b></p>  <p>birds in the sky</p>	<p><b>Young</b></p>  <p>sapling</p>	<p><b>Living</b></p>  <p>fungi</p>	<p><b>Bright</b></p>  <p>flower</p>
<p><b>Below</b></p>  <p>worms</p>	<p><b>Old</b></p>  <p>tree</p>	<p><b>Non-living</b></p>  <p>bird house</p>	<p><b>Dull</b></p>  <p>road</p>
	Day five	Day six	Day seven
	<p><b>Rough</b></p>  <p>gravel</p>	<p><b>Human-made</b></p>  <p>mask</p>	<p><b>Native</b></p>  <p>harakeke</p>
	<p><b>Smooth</b></p>  <p>eggs</p>	<p><b>Natural</b></p>  <p>puddles</p>	<p><b>Introduced</b></p>  <p>sparrow</p>