

MISSOURI NATIVE PLANTS AND ANIMALS



BLACK EYED SUSAN



**NORTHERN
CARDINAL**



COMMON LACCARIA



**BLACK
SWALLOWTAIL**



**BROWN
THRASHER**



**GYPSY
MOTH**



WHITE-TAILED DEER



**BUTTERFLY
MILKWEED**



**EASTERN
GRAY SQUIRREL**



**PURPLE PRAIRIE
CLOVER**



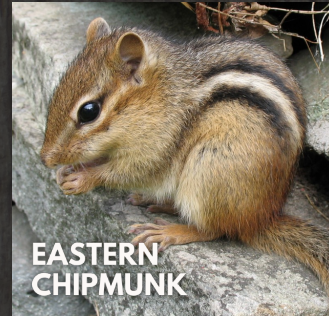
**EASTERN
BLUEBIRD**



RACCOON



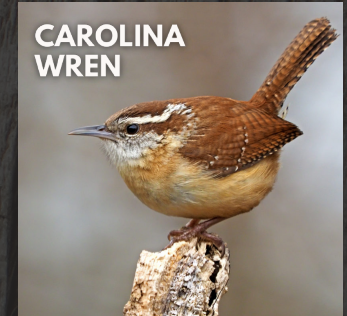
**ANDRENID MINING
BEE**



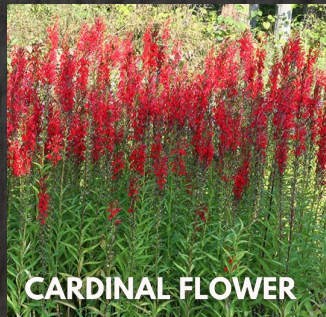
**EASTERN
CHIPMUNK**



**PRAIRIE
DROPS EED**



**CAROLINA
WREN**



CARDINAL FLOWER



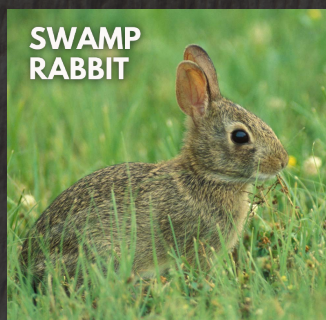
**BLEWIT
MUSHROOM**



GROUNDHOG



**PURPLE
CONEFLOWER**



**SWAMP
RABBIT**



CELANDINE POPPY



RUSTY BLACKHAW



**ILLINOIS CHORUS
FROG**

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Hiking Scavenger Hunt

A great way to find some mental clarity is by heading outside for an adventure. Whether it is a walk in your neighborhood or exploring a nearby park or trail, there are always exciting things to see.

Use this scavenger hunt as a way to practice mindfulness as you pay attention to your natural surroundings and see if you can spot any of these native plants or animals. See something not on this list? Take a snapshot with your camera and do some research later when you are in a mood to look at a screen and learn more. If you're an artist, you can take your sketchbook and draw the things you see. All of these are ways to ground yourself, and the more often you do it, the more it will come naturally to you while you are out and about.

YOU DON'T HAVE TO TRAVEL FAR TO EXPERIENCE RELAXATION AND BEAUTY.

Use this time now to explore everything St. Louis has to offer.
Here are some nearby parks you can explore.

BLACKBURN PARK

CASTLEWOOD STATE PARK

CLIFF CAVE PARK

COLUMBIA BOTTOM CONSERVATION

DR. EDMUND A. BABLER MEMORIAL STATE PARK

EDGAR M. QUEENY PARK

POWDER VALLEY

SHAW NATURE RESERVE

MASTADON STATE PARK

TO SEE MORE MISSOURI NATIVE PLANTS AND ANIMALS GO TO...
[NATURE.MDC.MO.GOV/DISCOVER-NATURE/GENERAL-SPECIES-INFORMATION](https://nature.mdc.mo.gov/discover-nature/general-species-information)