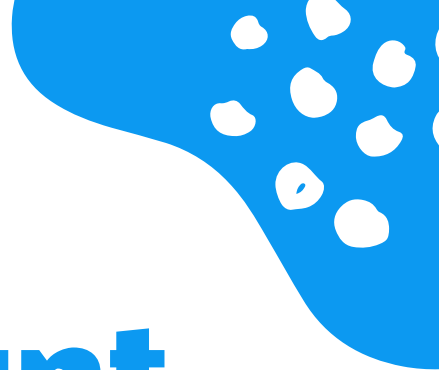




# MINDFULNESS

## Scavenger Hunt



Find your favorite calm spot.  
Try it out for 2 minutes.

*Write or draw your calm spot!*

Find something that's your  
favorite color.

*What is it? How does your  
favorite color make you feel?*

Go spot an animal that makes  
you smile.

*What was it?*



Find a shape in the clouds.

*What is it? Can you draw or  
write it?*

Find something bumpy.

*What is it? How does touching  
it make you feel?*

Write a message or draw a  
nice picture for someone in  
your family.



Find something that makes  
you happy.

*Can you draw it?*

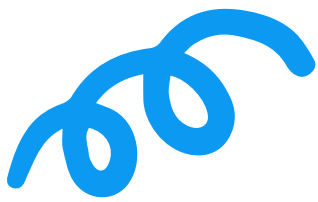
Find something soft and fluffy.

*Can you draw or write what it is?*

Go find something that makes  
you feel calm.

*Write it or draw what it is*





# MINDFULNESS

## Scavenger Hunt



Demonstrate to a family member how you take 3 deep breaths.



Sit quietly for one minute and pay attention to what you hear and smell.

*What did you hear and smell?*

Look out the window for something nice that you've never noticed before.

*What was it?*

Go find something you feel grateful for.

*What did you find?*

Find something that helps you relax.

*What was it?*

Smell something that smells good.

*Draw or write what you smelled.*



Find a bird and watch it for 20 seconds

*Can you draw or describe the bird?*

How many shades of green can you count around you?

Listen: What's the loudest sound you can hear?

