



Mindfulness Scavenger Hunt

Materials: Print-outs

1. Print out the "Mindfulness Scavenger Hunt Cards" on the following pages of this document.
 - a. If you're feeling inventive, you can use these as a template to create your own!
2. Pick a safe place to explore outdoors where you can observe safe social distancing (6ft between others)
3. Pass out a couple cards to your child and take a couple for yourself. Allow at least 5 minutes to read the prompts and follow the observations
4. When you are finished with the first set, rotate and take another.
5. When ready, discuss what you found. Were there things you hadn't noticed before? Was there something that surprised you? Which senses did you get to use?
6. *Take it to the next level:* Share this link with a neighbor or friend and set up a phone call or skype session to share your observations!

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Find something pink, red, or orange
- Collect as many twigs as you can find and arrange them by size
- Find a smooth rock and a rough rock
- How many shades of green do you see?

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Look for something moving
- Touch something rough
- Find a bird or bug and follow its path as long as you can
- Count all the colors around you (including all the shades)

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Find something red
- Find six rocks and arrange them by size or by smoothness
- Look at the sky – can you create shapes from the clouds?
- Find something yellow or blue

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Listen: Count how many sounds you hear in about 30 seconds
- Take a pinch of dirt and roll it between your fingers
- Find evidence of an animal
- Find a dead leaf

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Count how many plants you can find
- Lick your finger and hold it up – what can you say about the air or wind?
- Listen: What's the loudest sound you can hear? Where is it coming from?
- Find four different flowers

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Smell the air
- Shuffle your feet on the ground – what does the surface feel like?
- Listen for bird songs. Softly tap your foot in time to each call
- Find something orange or purple

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Listen: How many sounds can you count?
- Count how many different plants you can see
- Find something yellow
- Pick up a pinch of dirt and smell it

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Smell the air
- Pick up a pinch of dirt and look at it through your hand lens
- Find something orange
- Listen: What's the loudest sound you can hear? Where is it coming from?

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Find a rock and roll it between your fingers
- Lick your finger and hold it up – what can you say about the air or wind?
- Find something moving
- Find four different dead leaves

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Find a bird and watch it for 20 seconds
- Find a flower and touch it
- Shuffle your feet on the ground – what does the surface feel like?
- Put your hold palm on the ground – does it feel different now?

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Pick up a pinch of dirt. Roll it between your fingers
- Find a smooth rock and a rough rock
- Find something pink, yellow, or purple
- How many shades of green can you count around you?

Mindfulness Scavenger Hunt

- Close your eyes and take a deep breath
- Pick up a pinch of dirt. Smell it
- Touch something rough
- Listen: What's the loudest sound you can hear?
- Find a bird and follow its path as long as you can