

# MINDFUL SCAVENGER HUNT



We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

**1**

Notice the weather. Is it sunny or cloudy? How does the air feel (warm, cold, windy)?

**2**

Find a tree and touch the bark and leaves. What do they feel like?

**3**

Smell a flower or a plant. How would you describe the scent?

**4**

Observe a bug without disturbing it.

**5**

Notice what you hear outside. Do you hear the wind, birds, or insects?

**6**

Look for seeds, pods, or nuts. How many types can you find?

**7**

Lay on the ground. How does the earth feel beneath you? What do you see in the sky?