



MINDFULNESS SCAVENGER HUNT

Try to find each of these things in your surroundings.

- SOMETHING THAT IS YOUR FAVORITE COLOR.
- AN OBJECT YOU CAN USE TO MAKE A GIFT.
- SOMETHING YOU HAVE NEVER SEEN BEFORE.
- A THING THAT MAKES YOU SMILE.
- A SIGN OR ITEM WITH A WORD YOU DON'T KNOW ON IT.
- SOMETHING THAT MAKES YOU THINK OF A FRIEND.
- AN INTERESTING PATTERN OR TEXTURE.
- A THING THAT MAKES A NOISE.
- SOMETHING THAT HAS A GOOD SMELL.
- A THING THAT IS USEFUL.

