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 find and engage with your senses.

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? Touch the ground? Is it warm, cold, soft, hard? How does it feel?

3. Smell a flower or plant. How would you describe the scent? Is it bright, soft, pleasant, sour?

4. Observe a bug without disturbing it. Notice its features and design. Notice its uniqueness.

5. Notice what you hear outside. Do you hear the wind, birds or insects? What layers of sounds can you observe as you stay still longer?

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