

Mindfulness Scavenger Hunt



Monday	Tuesday	Wednesday	Thursday	Friday
2 things that are YELLOW	3 different colored rocks	Something that smells good	4 things that are round	Something that makes a crunching sound
Something that buzzes	Something that tastes sweet	3 different shaped sticks	3 things that are smooth	4 things that are soft
3 things that feel rough	4 things that are white	5 items smaller than your hand	Find a farm animal book	A book that makes you laugh
A book that has food in it	Something that has wheels	A book that has a character bug	A toy that has 3 different colors	Something that smells fresh
Something you can recycle	A book that has a plant in it	Something that makes a loud sound	3 types of leaves	4 things that are GREEN