

## Mindfulness Scavenger Hunt

Mindfulness is defined as calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. This activity helps students focus on the things they can see, hear, and feel in their environment. This activity also challenges students to spend time outside and reduce screen time, both of which have great proven benefits.

**FIVE SENSES NATURE SCAVENGER HUNT**

Tick each item off your list as you find it.

**SIGHT**

- Find something white
- Find something patterned
- Find something tiny
- Find something heart shaped
- Find something long
- Find five of the same thing

**SOUND**

- Find something that snaps
- Find an animal sound
- Find a soft sound
- Find something that crunches
- Find something loud
- Find something to make music with

**TOUCH**

- Find something bumpy
- Find something wet
- Find something warm
- Find something soft
- Find something prickly
- Find something smooth

**SMELL**

- Find a flower with a scent
- Find a smell you like

**TASTE**

- Find something humans could eat
- Find something an animal would eat

*Engage the five senses...*  
**NATURE SCAVENGER HUNT**

**Resource:** <https://childhood101.com/nature-savenger-hunt/>