My Mindfulness Scavenger Hunt

An important part of learning to be more mindful is training yourself to pay closer, careful attention and see the world in a different way. For this scavenger Hunt try to find each item and write about it or draw it in the box.

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| Something you’ve never noticed before. | Something that you can’t reach, even on tiptoes. (Be careful) | Something that smells good. |
| Something you can only see from the floor. | Something you once lost. | Something you forgot you had. |
| Something that makes you laugh. | Something that makes you feel calm | Something beautiful that is smaller than a 5p |

Competition time!

Make up your own scavenger hunt. Get your grown up to send it to me and I will pick the winner to go on our home learning page next week for the rest of the class to complete. Your hunt could have a theme, or it could be completely random!

\_\_\_\_\_\_\_\_\_\_’s Scavenger hunt Challenge

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