

# MINDFULNESS SCAVENGER HUNT

This scavenger hunt includes common sights you may see in your home or when out and about. By taking the time to look out for different items, you can also help yourself stay more in the moment, which is great for your mental wellbeing. Encourage your friends and family to take part, and take photos of all the items you see. The household with the most finds, wins!

**Green door**

**Drawing of a rainbow**

**Pedestrian crossing**

**Butterfly**

**Bicycle**

**Blue car**

**Cat**

**Wooden fence**

**Bee**

**Bird house**

**Puddle**

**Bus**

**Road cone**

**Chalk drawing**

**Flying flock of birds**

**Mushroom**

**Bird feather**

**Squirrel**

**Garden gnome**

**Flowing water, like a loch  
or water fountain**