



Mindful at home: a scavenger hunt

Find something bumpy	Find something that tastes sweet	Find something that makes you happy	Find something noisy	Find something soft and fluffy
Find something the color of the sky	Find something that can be used to make music	Write a nice message or draw a nice picture for someone	Show a family member how you take 3 deep breaths	Help a family member
Sit quietly for one minute and pay attention to what you hear and smell	Listen to music you love	Look out the window and notice something you never saw before	Make someone laugh	Find something round
Find something you feel grateful for	Find something that is fun to eat	Find something shaped like a heart	Find something that helps you relax	Find something with a strong smell
Find something you like to look at	Find something that is your favorite color	Find something cold	Give someone a compliment	Find something that smells good

