



# Mindfulness Scavenger Hunt

**A scavenger hunt for all ages:** Take a gentle stroll around your local area while taking notice of your surroundings. How many of these can you spot?



Garden statue



Someone cycling



Flower pot



Insect



Something oval



Bird singing



Feather



Something orange



Cat



Green car



Blue flower



Picture in window



Stop sign



Large tree



Something purple



Bird feeder



Brown dog



For sale sign