

MINDFUL TREASURE HUNT



We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

1

Notice the weather. Is it sunny or cloudy? How does the air feel (warm, cold, windy)?

2

Find a tree and touch the bark and leaves. What do they feel like?

3

Smell a flower or a plant. How would you describe the scent?

4

Observe a bug without disturbing it.

5

Notice what you hear outside. Do you hear the wind, birds, or insects?

6

Look for seeds, pods, or nuts. How many types can you find?

7

Lay on the ground. How does the earth feel beneath you? What do you see in the sky?

As an extra challenge you might want to find 5 things around you that you can see, hear, feel, smell or taste!

