

Family Resource

Mindfulness Scavenger Hunt



ages: 2+ (with an adult)



90 minutes

Skills Practiced

Self-awareness, social awareness, interconnectedness, relationship skills, and collaboration

The Why

Focusing on the present reduces stress, making us more calm and relaxed.

The How

Decide whether to hold your scavenger hunt indoors, outdoors, or both. Individually or in pairs, choose a card and begin your search. Take a photo, sketch each item, or check each off as you find them. When everyone is finished, share where you found the items. Were there any you could not find?

Take it Further

- Create your own scavenger hunt; add items to the blank scavenger hunt card.
- Ask these questions as and after you play:
 - What was the most interesting or exciting item to find? Where did you find it?
 - Did you notice your mind and body becoming calmer and more relaxed as you focused on finding the items on the list? Why or why not?
 - After completing the scavenger hunt, what might you do similarly and/or differently if you participated in the mindfulness scavenger hunt again?



Mindfulness Indoor Scavenger Hunt



Something you use to cook	Something with four legs	Something triangular	Something that has buttons
A lamp	Something that floats	Something with wheels	Something yellow
Something round	Your favorite toy	Something fuzzy	A pair of sneakers
A stuffed animal	A coloring book	Something that smells good	A hairbrush



Mindfulness Outdoor Scavenger Hunt



A leaf	An anthill	Something green	A squirrel
A stoplight	A birds nest	A streetlight	Something with seeds
A bird	A crosswalk	A brick building	A garden
A puddle	A stop sign	A stick	A feather



Create Your Own Mindfulness Scavenger Hunt!


