Mindfulness Woodland Scavenger Hunt

A picture containing diagram

Description automatically generatedA picture containing diagram

Description automatically generated

Checklists

These checklists are to promote mindfulness and awareness of surroundings when in a woodland setting.

This activity is intended to help children engage their senses to better notice and appreciate the environment around them.

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Can you find...?

Something that grows

Birds singing

Something you can smell

Something very big

Something you have never seen before

Something red

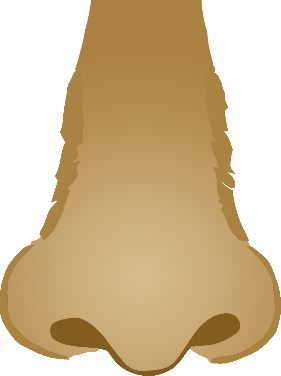
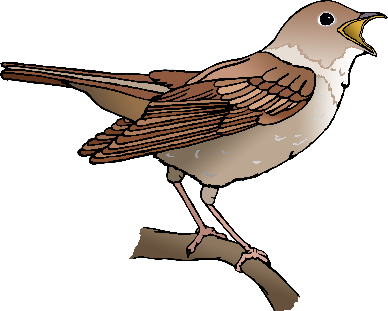
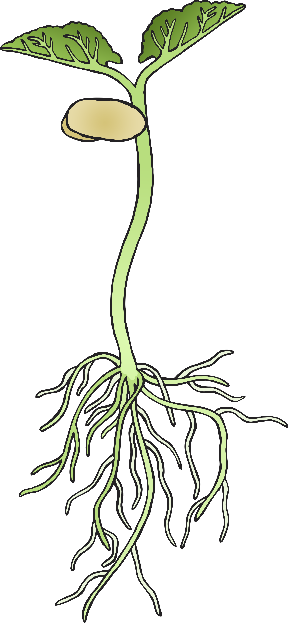
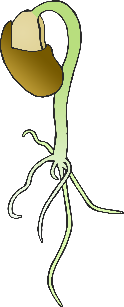
Something that makes a sound

A tiny minibeast

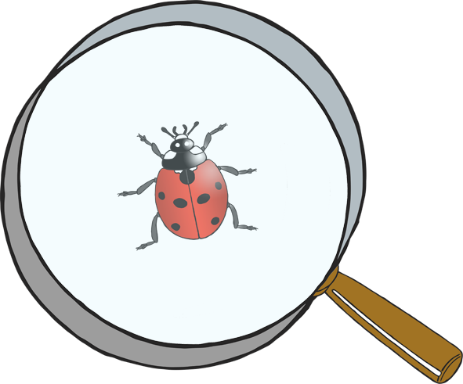
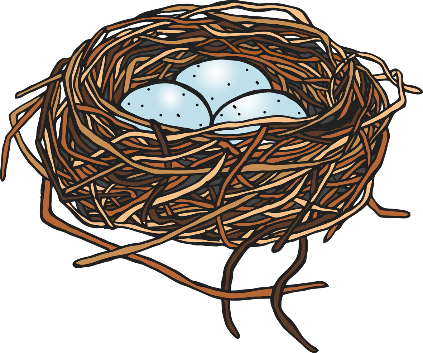
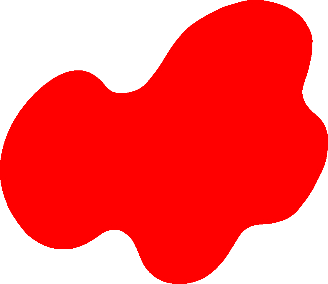
Bird’s nest



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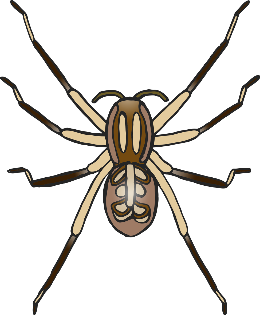
Shape, circle

Description automatically generatedA picture containing text

Description automatically generatedA picture containing outdoor object

Description automatically generatedA picture containing mollusk, light

Description automatically generatedLogo

Description automatically generatedA yellow flower with green leaves

Description automatically generated with medium confidenceA picture containing text

Description automatically generatedBackground pattern

Description automatically generatedLogo

Description automatically generated

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Can you find...?

A flower

Wind blowing through trees

Something delicate

Something green

Something you can hold with one hand

Something very small

Something that moves

Something that fell from a tree

Dry mud



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