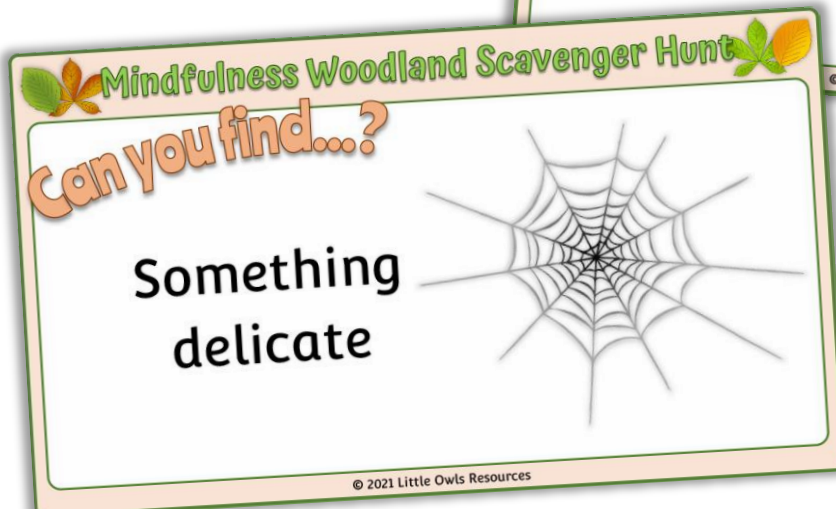


Mindfulness Woodland Scavenger Hunt

Prompt Cards

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

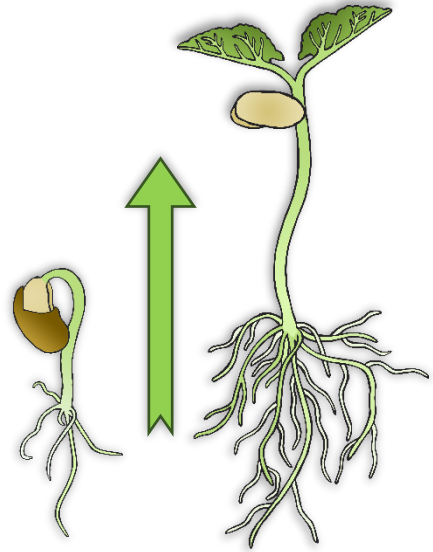
This activity is intended to help children engage their senses to better notice and appreciate the environment around them.



Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
that grows



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Mindfulness Woodland Scavenger Hunt

Can you find...?

Birds
singing

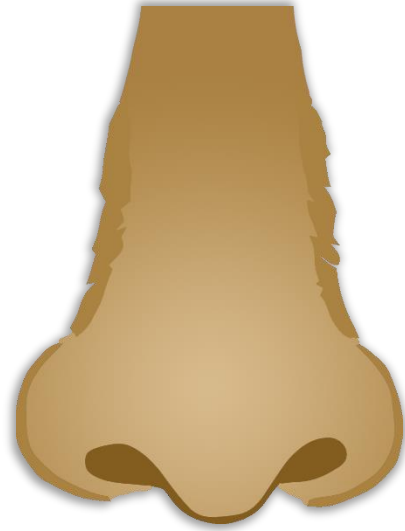


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
you can smell



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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
very big

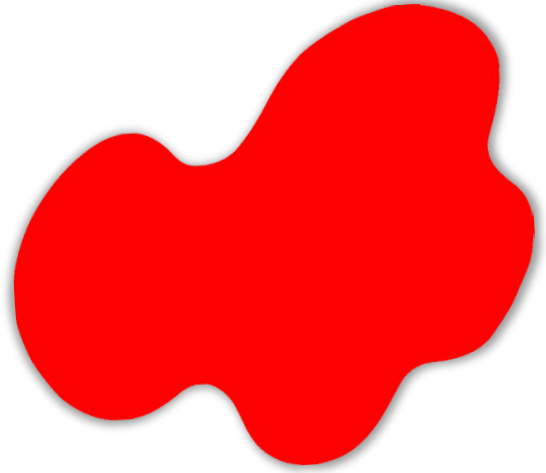


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
red



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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something you
have never
seen before

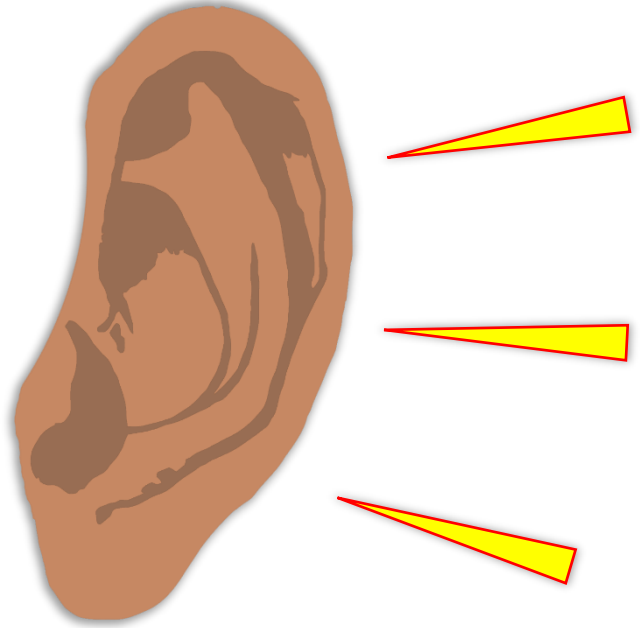


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
that makes a
sound

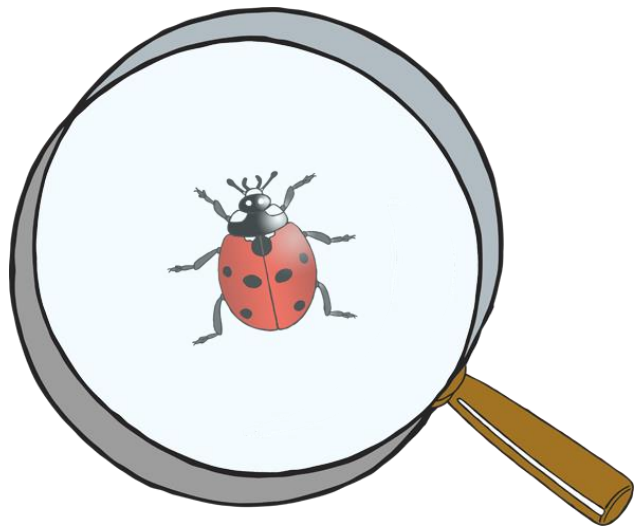


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Mindfulness Woodland Scavenger Hunt

Can you find...?

A tiny
minibeast

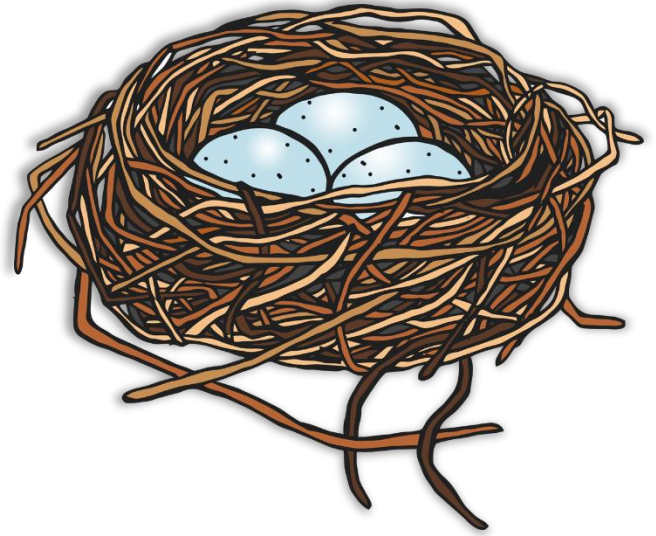


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Mindfulness Woodland Scavenger Hunt

Can you find...?

A bird's nest



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Mindfulness Woodland Scavenger Hunt

Can you find...?

A flower



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Mindfulness Woodland Scavenger Hunt

Can you find...?

Wind blowing
through trees

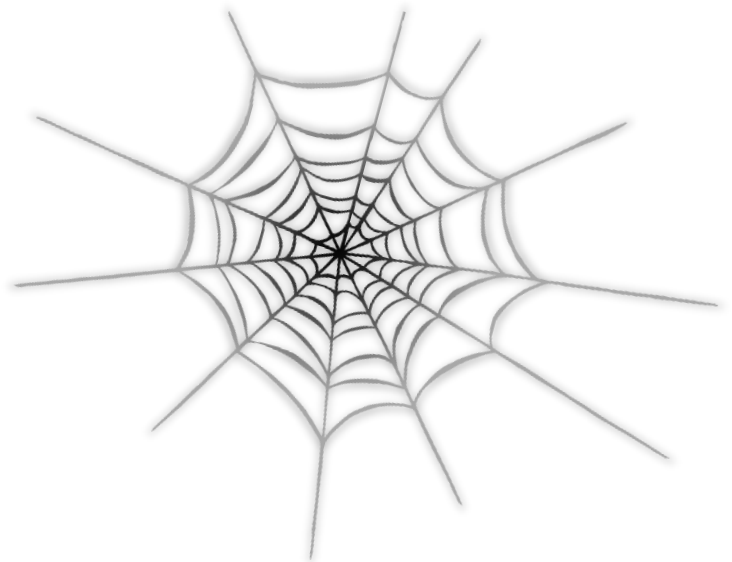


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
delicate

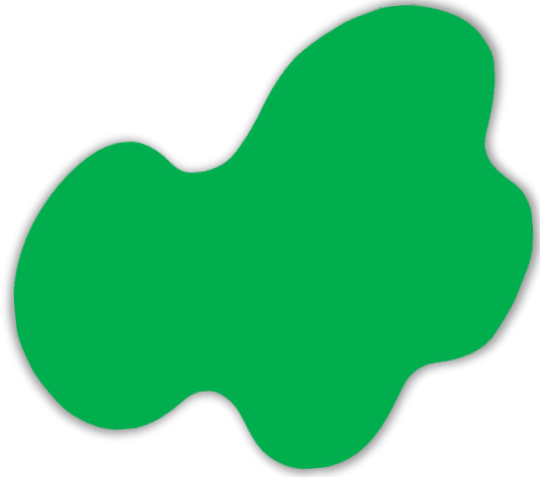


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
green

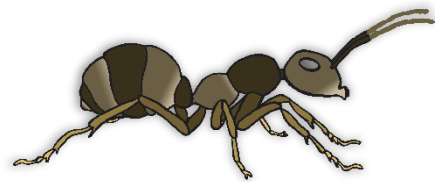


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
very small



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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something you
can hold with
one hand

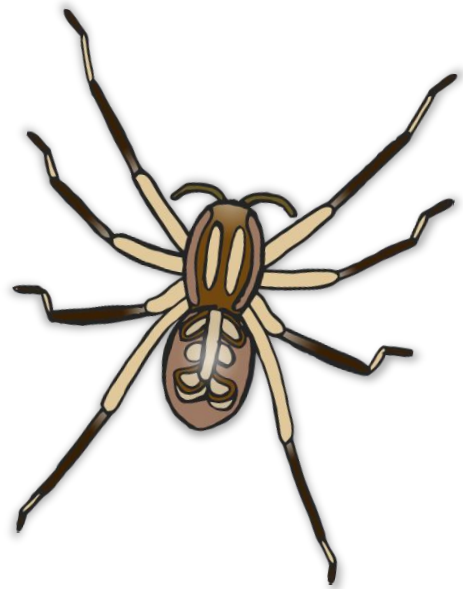


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
that moves

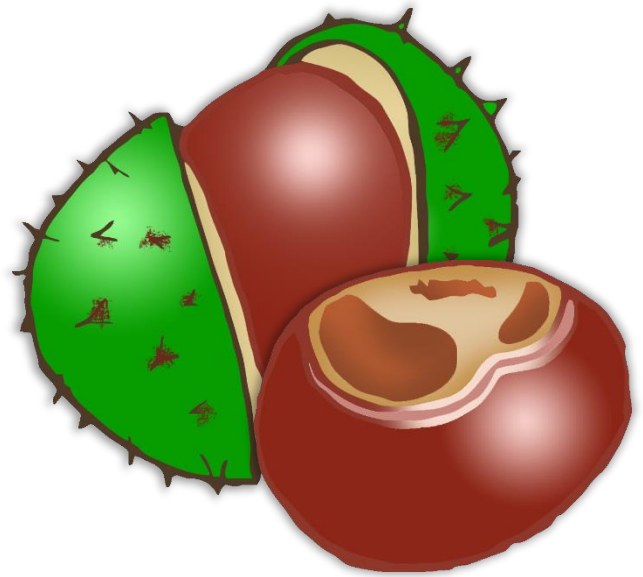


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Mindfulness Woodland Scavenger Hunt

Can you find...?

Something
that fell from
a tree



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Mindfulness Woodland Scavenger Hunt

Can you find...?

Dry mud



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