Mindfulness Woodland Scavenger Hunt

Diagram

Description automatically generatedDiagram

Description automatically generatedText

Description automatically generated with medium confidence

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.

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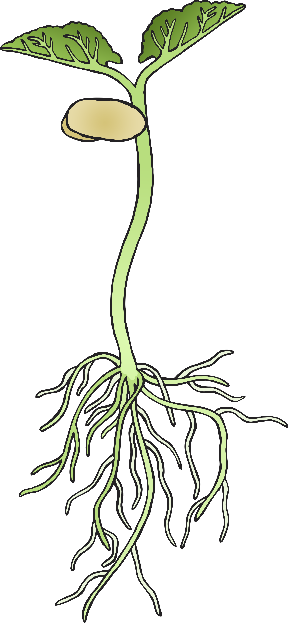
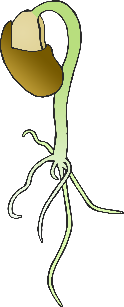
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Can you find...?

Something that grows



Mindfulness Woodland Scavenger Hunt



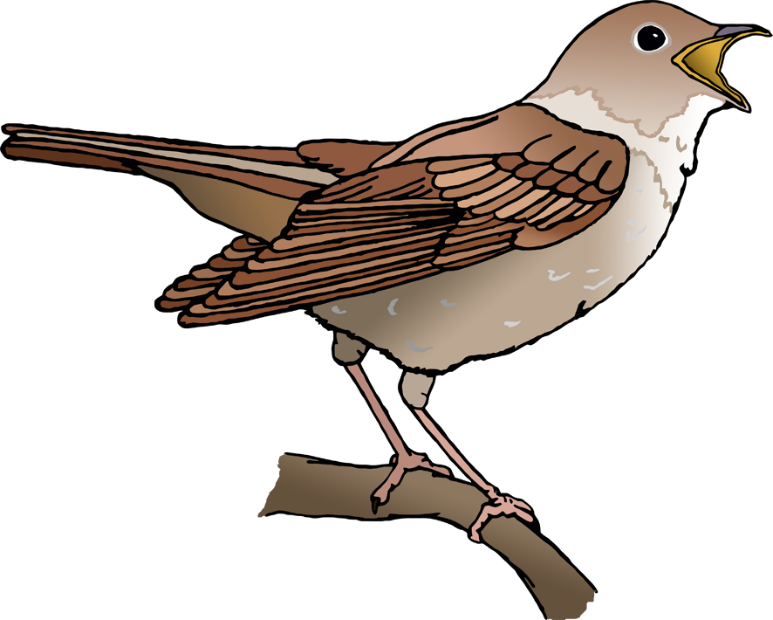
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Can you find...?

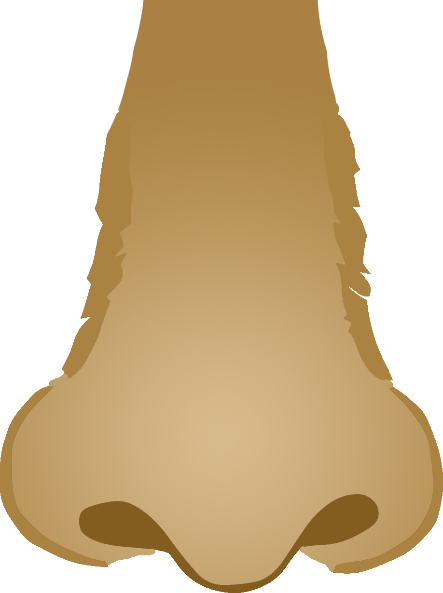
Birds singing



Mindfulness Woodland Scavenger Hunt



Icon

Description automatically generated

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Can you find...?

Something you can smell



Mindfulness Woodland Scavenger Hunt

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Can you find...?

Something very big



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Shape

Description automatically generated

?

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Can you find...?

Something red



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Can you find...?

Something you have never seen before



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Logo

Description automatically generated with medium confidence

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Can you find...?

Something that makes a sound



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Can you find...?

A tiny minibeast



Mindfulness Woodland Scavenger Hunt

A yellow flower with green leaves

Description automatically generated with medium confidenceA picture containing text

Description automatically generated

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Can you find...?

A bird’s nest



Mindfulness Woodland Scavenger Hunt

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Can you find...?

A flower



Mindfulness Woodland Scavenger Hunt

A picture containing outdoor object

Description automatically generatedBackground pattern

Description automatically generatedLogo

Description automatically generated

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Can you find...?

Wind blowing through trees



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Can you find...?

Something delicate



Mindfulness Woodland Scavenger Hunt

A picture containing text

Description automatically generatedShape, circle

Description automatically generated

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Can you find...?

Something green



Mindfulness Woodland Scavenger Hunt

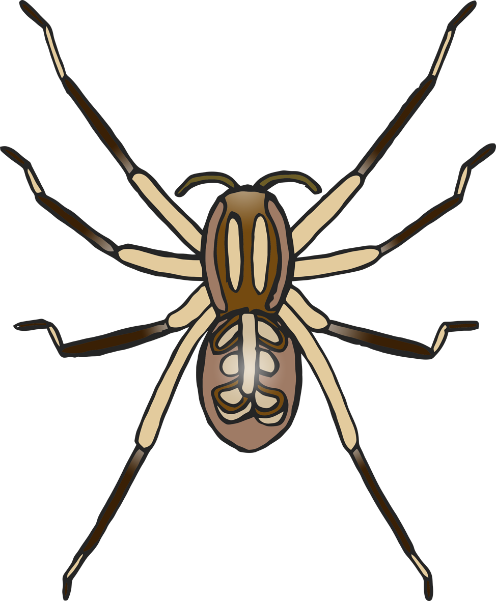
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Can you find...?

Something very small



Mindfulness Woodland Scavenger Hunt

A picture containing mollusk, light

Description automatically generated

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Can you find...?

Something you can hold with one hand



Mindfulness Woodland Scavenger Hunt

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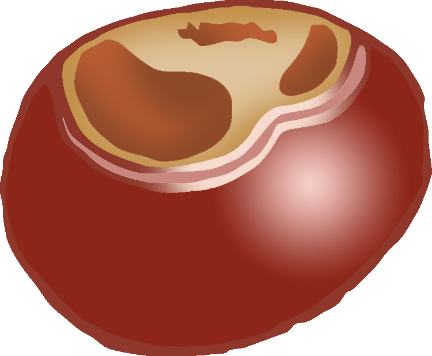
Can you find...?

Something that moves



Mindfulness Woodland Scavenger Hunt

A picture containing text

Description automatically generatedLogo

Description automatically generated

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Can you find...?

Something that fell from a tree



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Can you find...?

Dry mud



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