

Mindfulness Woodland Scavenger Hunt

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.

Mindfulness Woodland Scavenger Hunt
Can you find...?

 Something that grows <input type="checkbox"/>	 Birds singing <input type="checkbox"/>	 Something you can smell <input type="checkbox"/>
 Something very big <input type="checkbox"/>	 Something red <input type="checkbox"/>	 Something you have never seen before <input type="checkbox"/>
 Something that makes a sound <input type="checkbox"/>	 A tiny minibeast <input type="checkbox"/>	 Bird's nest <input type="checkbox"/>

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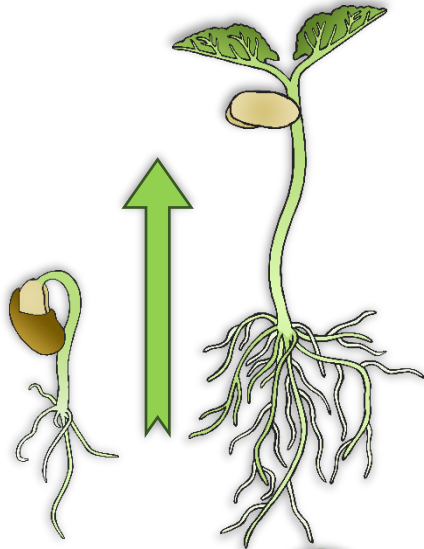
Mindfulness Woodland Scavenger Hunt
Can you find...?

 A flower <input type="checkbox"/>	 Wind blowing through trees <input type="checkbox"/>	 Something delicate <input type="checkbox"/>
 Something green <input type="checkbox"/>	 Something very small <input type="checkbox"/>	 Something you can hold with one hand <input type="checkbox"/>
 Something that moves <input type="checkbox"/>	 Something that fell from a tree <input type="checkbox"/>	 Dry mud <input type="checkbox"/>

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Mindfulness Woodland Scavenger Hunt

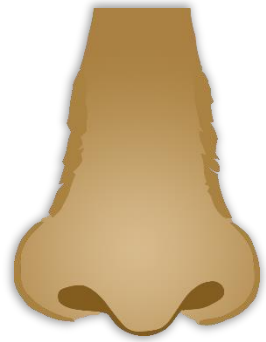
Can you find...?



Something that grows



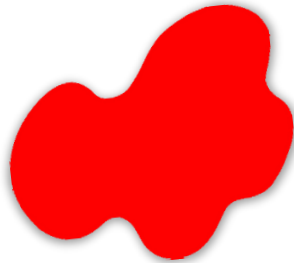
Birds singing



Something you can smell



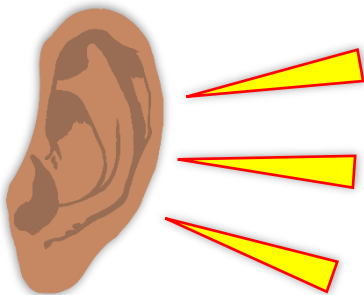
Something very big



Something red



Something you have never seen before



Something that makes a sound



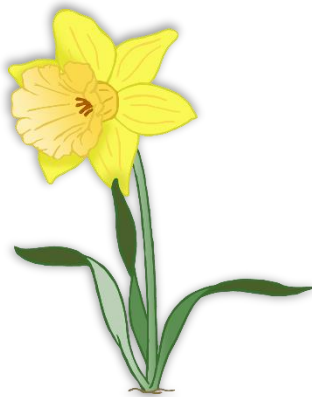
A tiny minibeast



Bird's nest

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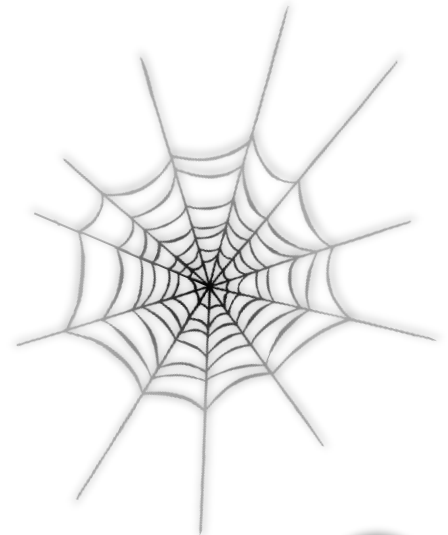
Can you find...?



A flower



Wind blowing
through trees



Something
delicate



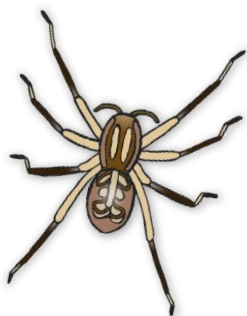
Something
green



Something
very small



Something you can
hold with one hand



Something
that moves



Something that
fell from a tree



Dry mud

