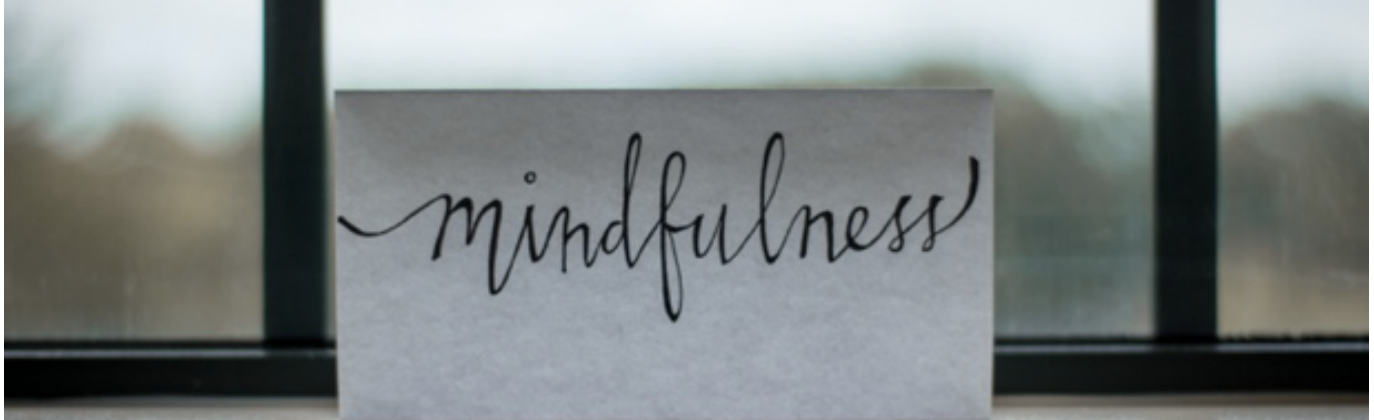


## MINDFULNESS SCAVENGER HUNT



**Pick a sunny day and head outside for a mindfulness scavenger hunt!**



Our hope for this activity is to encourage you and your family to become more mindful of yourself and each other in your grief journey. The goal of mindfulness is to experience each day fully and become aware of our own emotions.

## Materials and Things You'll Need

- A nice day
- Paper bags (feel free to decorate these, one per family member)
- Writing utensils
- Scavenger Hunt Prompts

Estimated time: 45 minutes

## Set up:

- Find a time to work together as a family

## Suggested Guidelines

- Talking about the activity:
  - We're going to be taking a walk outside and slowing down to really notice things outside
  - We'll be finding things together (or individually) that we see, hear, and feel
  - Mindfulness. Mindfulness means paying full attention to something. It means slowing down and really noticing what we're doing. It helps our brain slow down and helps us make good choices.
  - Decide if you'd like to find things as a family or individually and how much time to spend before returning and processing together
- Time for our Mindfulness Scavenger Hunt!

OTHER  
MINDFULNESS  
*activities*



## Mindfulness Scavenger Hunt Prompts

### **Find something that brings you:**

- Joy
- Makes you sad
- Makes you laugh
- Brings you peace
- 2 different kinds of flowers
- 3 different kinds of leaves
- A rock
- A stick
- A feather
- An acorn

### **Try to locate:**

- Animal tracks
- Ants
- A bird's nest
- A butterfly
- A ladybug
- A mushroom
- A squirrel

### • **After the Activity: Family Discussion Questions**

- What items did you find?
- What times did you choose for the prompts?
- What was it like to slow down and focus on what we were doing?
- Did you find something that reminded you of the person who died?
- What was that like?
- Was this fun? Was this helpful? How so?
- What's something you learned?
- When can you slow down and focus on what we're doing?
- When does the family need to do that?