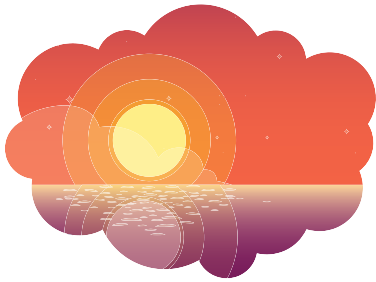


# MINDFULNESS SCAVENGER HUNT

Tick off each activity as you achieve it!



Watch a sunrise or sunset. Take a photo



Listen to your favourite song and dance

Look up a recipe and cook it with someone

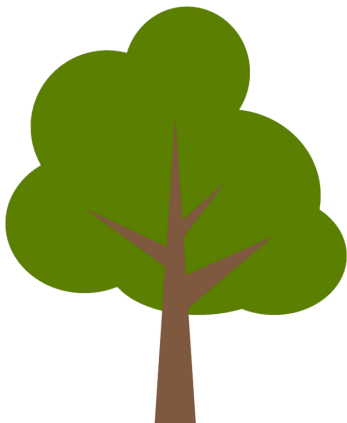


Colour in a picture

Read a book or magazine for 20 minutes



Go for a walk outside and admire nature



Play your favourite game



Write a list of 10 things you are grateful for and things that make you happy

