

Attached is a cutout to glue onto a bag (can decorate first)! They can find items around the house or yard using their five senses. Once each bag is filled, everyone participating can come together to share the items they found.



# Mindfulness

## Scavenger Hunt

Fill your bag with:

Something

You **SEE**



Something

You **SMELL**



Something

You **HEAR**



Something

You **TASTE**



Something

You **FEEL**

