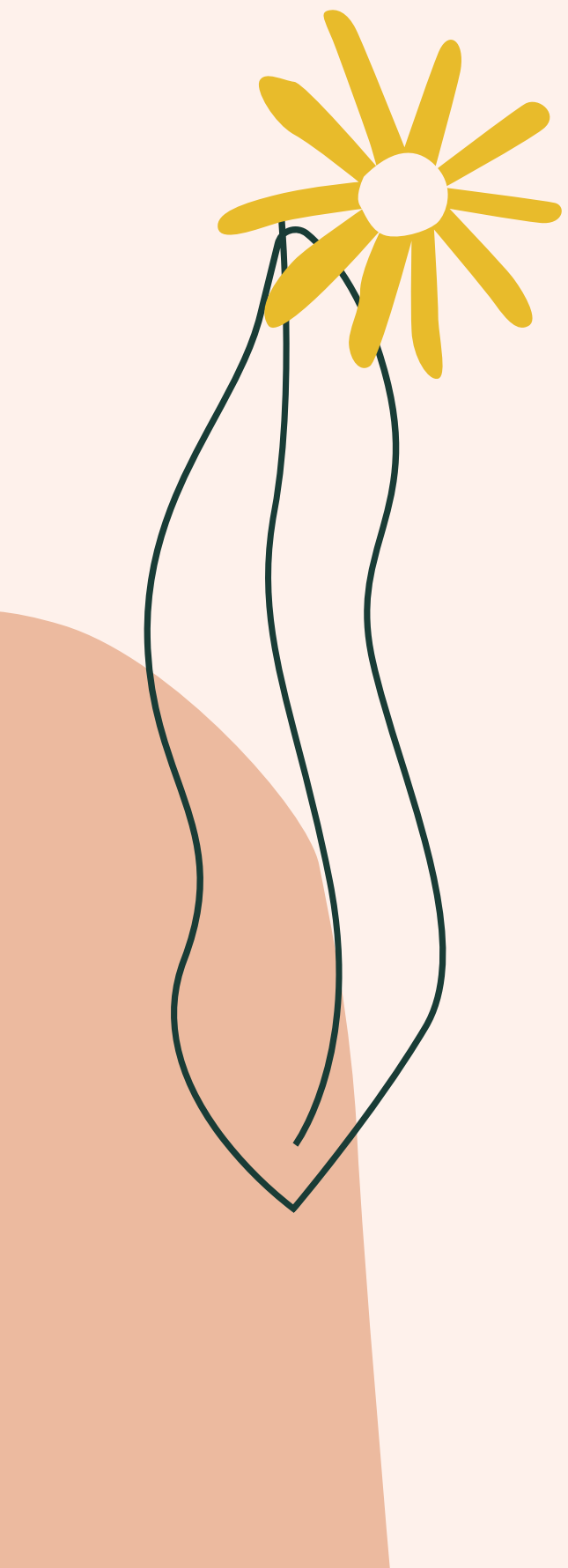




# MINDFULNESS SCAVENGER HUNT

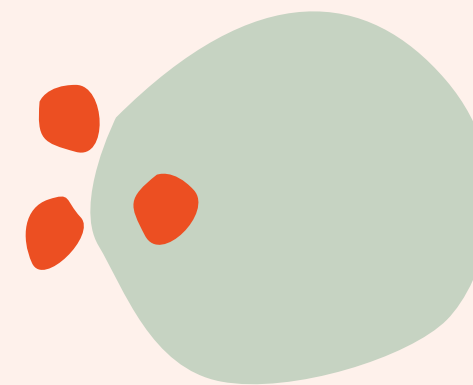
Grades K-2

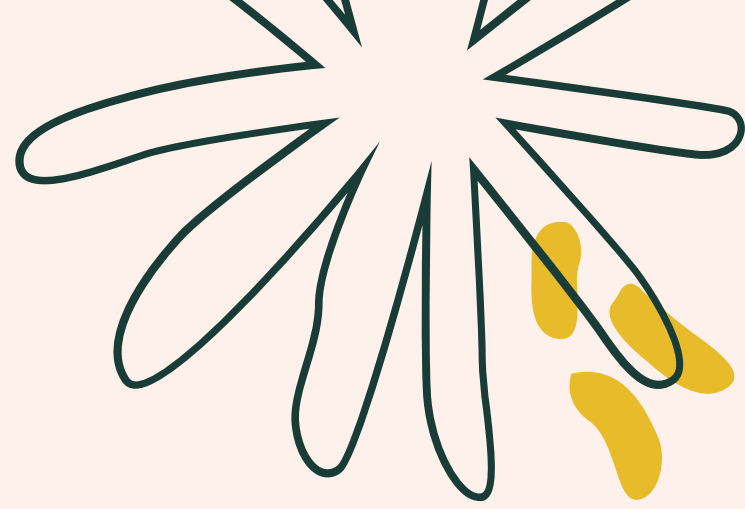




# Objective

Using all of your senses when you are experiencing anxiety can help you calm down





# Supplies

- Paper bag
- Something you can see
- Something you can smell
- Something you can hear
- Something you can taste
- Something you can feel

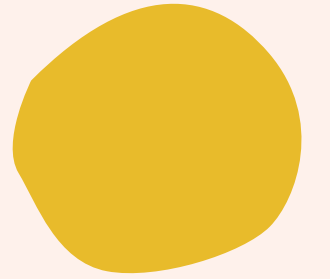
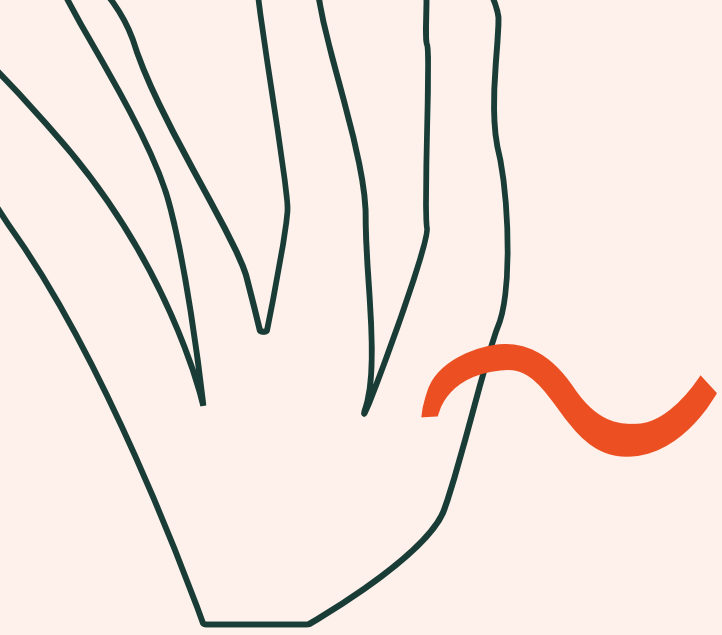


# What to do



Tell your kids to grab a paper bag and to put something in the bag that they can see, smell, hear, taste, and feel.





After the kids finish, you can give them a small reward for completing the activity!

Optional:

If you end up giving prizes, make sure that not only the first few people get them, because mental health is not about being the best, it's about doing the best you can.



