

## Mindfulness Scavenger Hunt

Mindfulness means paying full attention to something.

It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or doing lots of things at the same time.

Being mindful is kind of like having a superpower! It can help you to focus, learn more easily, stay calm, listen better, become more patient, feel happier and enjoy things more.

Like all superpowers though, it takes some practice.

<input type="checkbox"/>	something you SEE	
<input type="checkbox"/>	something you SMELL	
<input type="checkbox"/>	something you HEAR	
<input type="checkbox"/>	something you TASTE	
<input type="checkbox"/>	something you FEEL	

Often we use our senses to help us to tune into the present moment, or the now. Here is an exercise in mindfulness. Get a bag or a basket and gather up some things that appeal to each of your senses. Use the picture to help you.

If you can, do this in a quiet way. Try not to ask a grown up to help you find each item. Really focus on each of your senses as you choose the things from your house or garden, to put into your bag.

When you've found one or two things for each of your senses, you can upload a photo to Google Classroom. It can be a picture of all the things you gathered, or one particular item you want to share with your teacher. You can even just comment, and tell us how you got on. Was it hard/easy? Did you get distracted? Which was your favourite?