

Mindfulness Scavenger Hunts • Educator Guide



Mindfulness is learning how to clear your mind and focus on the present moment. Rather than thinking about what happened earlier in the day or worrying about what might happen in the future, mindfulness helps you to focus on the now. This is an important skill for kids and young adults because it can help them to manage their emotions, improve their focus, cope with stress, and feel calmer.

Use these mindfulness scavenger hunts to teach mindfulness in an interactive and fun way for kids and young adults. As learners are spending time looking for each of the items in the scavenger hunt, they are only focusing on the right now. Teach them that this is mindfulness! This can be a fun activity to do while explicitly teaching mindfulness or just as a fun brain break during the day.

Note that both indoor and outdoor scavenger hunts are included. Leading outdoor mindfulness scavenger hunts are particularly engaging because it is often more mindful to connect with nature at the same time.

Directions:




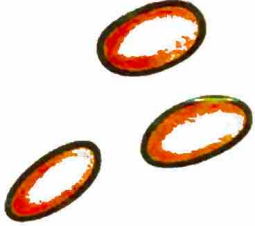



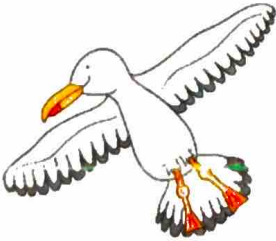
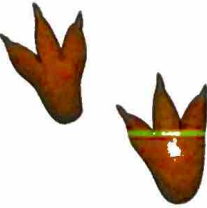

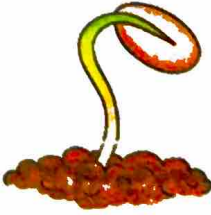
1. Discuss mindfulness. Explain that mindfulness is a technique that helps us focus on the right-now. Learning to be mindful can help clear your mind, help you feel calm, and refocus for the rest of the day. Overtime, practicing mindfulness can also build your confidence and help you feel happier overall.
2. Use the Practicing Mindfulness Worksheet to discuss further. Explain that one strategy for practicing mindfulness is using our senses. That means thinking about what we see, hear, smell, feel, and taste around us. By using our senses a bit more, it allows our minds to really focus on the moment. Use the worksheet to practice together. Note that a separate worksheet is also included that can be used again and again.
3. Explain that students will be completing a mindful scavenger hunt. In this activity, students will use a scavenger hunt guide to find different items around the room (or outside). After finding each item, students can shade in the box. They can also write down details about the object/item. For example, if they are looking for something bumpy, they can write down they found a rock or hill.
4. Note that you can have students complete the scavenger hunts while walking around quietly OR staying at their desks. It's up to you!
5. It might help to play soothing music while students are completing the scavenger hunt.
6. After finishing the scavenger hunt (or practicing for a certain period of time), have students return back to their desks. Give time to kids to think about what they found. Encourage students to visualize each of the items one more time in their head, while thinking about what they can see, hear, smell, feel, and taste.
7. Continue another mindfulness scavenger hunt at a later time. Continue as often as needed.

Name: _____

Date: _____

Mindful Scavenger Hunt

Let's go on a mindful scavenger hunt. Look for each of the items below. Shade or color in the box when you find them! Write or draw any extra details to explain what you found below.

<p>1 A tree</p> 	<p>2 Something in the shape of a circle</p> 	<p>3 Something you can smell</p> 	<p>4 A seed</p> 
<p>5 Something bigger than this paper</p> <p>?</p>	<p>6 Something bright</p> 	<p>7 Something that makes you smile</p> 	<p>8 Something bumpy</p> 
<p>9 A bird</p> 	<p>10 Animal tracks</p> 	<p>11 A leaf</p> 	<p>12 Dirt</p> 

1	2	3	4
5	6	7	8
9	10	11	12