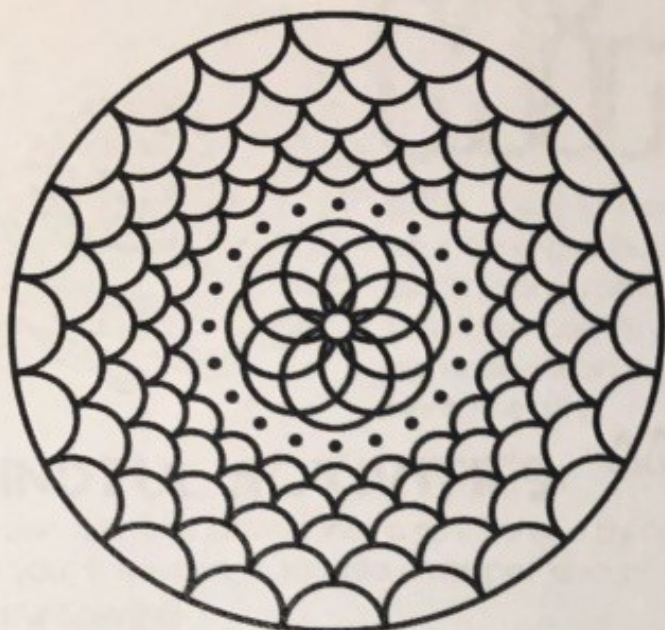


MINDFUL SCAVENGER HUNT

How many can you complete?

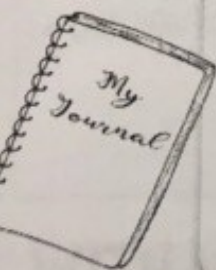
- Wear headphones and clean your room to your favorite songs.
- Snuggle in a cozy blanket & watch a movie.
- Sleep with a super soft stuffed animal.
- Fall asleep to spa music.
- Learn some new jokes & try them out.
- Color with new markers.
- Learn to make a new recipe that you love.
- Just sit & watch people in public.
- Learn & try progressive muscle relaxation.
- Stretch your arms up to the sky, hold while counting to 15. Release.
- Try a new hobby.
- Make shapes with play-doh.
- Play with kinetic sand.
- Stretch all of your muscles.
- Talk to an animal.
- Take a bubble bath.
- Take a nature walk.
- Balance on one leg and time it.
- Read a book in quiet in your bed.
- Try a yoga pose.
- Daydream in the dark.
- Make a list of things or people that make you feel grateful.
- Other:



PROGRESSIVE MUSCLE RELAXATION

(You can find many videos & scripts for this on YOUTUBE/google.)

This technique starts with getting into a comfy position. Close your eyes. Play spa music. Starting at the top of the body and going down, imagine tensing and relaxing one muscle at a time. Imagine the tension in your body leaving as you release each muscle.



stop, breathe
feel and be
yourself



"Incorporating mindfulness into education has been linked to improving academic and social and emotional learning. Also, mindfulness strengthens some underlying development processes—such as focus, resilience, and self-soothing—that will help kids in the long run."

~Amy Saltzman, M.D., director of the Association for Mindfulness in Education