

Educator's Guide

Guide students on a mindfulness scavenger hunt where they use their senses to explore nature, focusing on what they see, hear, and feel.

1

Materials:

- Outdoor Space: A safe, open area for exploration.
- Scavenger Hunt Checklist (optional)

2

How to Play:

- Introduce the Hunt: Explain that the students will explore nature using their senses.
- Example: "Today, we are going to go on a mindful scavenger hunt! We'll use our eyes, ears, and hands to notice all the amazing things in nature."

3

Demonstrate the Actions:

- Quickly explain what students should focus on for each sense:
- See: Sky, flowers, seeds. | Hear: Birds, wind, insects. | Feel: Grass, leaves, tree bark.

Guide the Students:

- Example: "When I say 'see,' look for things like flowers or the sky. When I say 'hear,' listen for birds or the wind. When I say 'feel,' touch the grass or a tree!"

4

Encourage Participation:

- *Cheer students on as they share their observations.*
- *Example: "Great job! I hear the wind, too! Does anyone feel the rough tree bark?"*

Tips:

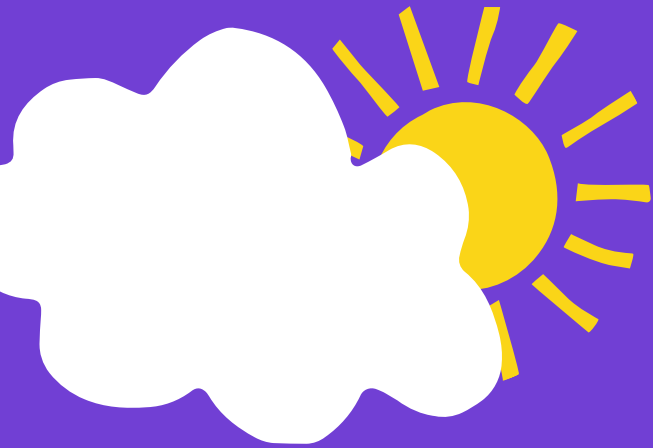
- Keep it high-energy and fun!
- Adapt for different age groups.

5

Wrap-Up:

Have students share what they saw, heard, and felt.

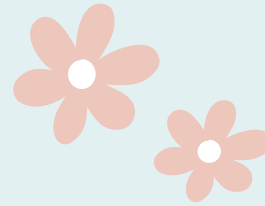
MINDFUL SCAVENGER HUNT



WHAT I SEE



Sky



Flowers



Seeds

WHAT I HEAR



Birds



Wind



Insects

WHAT I FEEL



Grass



Leaves



Bark