

Mindfulness Scavenger Hunt

Relax and Focus
on The Moment

1



Smile

☐

Breathe
In

☐

Breathe
Out

☐

Count The
Lines On
Your Hand

2



Smile

☐

Breathe
In

☐

Breathe
Out

☐

Count The
Curves On
Your Ears

3



Smile

☐

Breathe In

☐

Breathe Out

☐

Count The
Bumps On
Your Lips