



Mindful Nature Hunt

Every once in a while, it's good to take a moment to step back, appreciate and reflect on the little things around us. Using the calming elements of nature and simplistic conversation of everyday items, can help us feel more grounded. This simple mindful scavenger hunt creates a safe space both physically and mentally; providing comfort and an opportunity to open the conversation about what may be impacting our mental wellness.



Look for these everyday objects you can find in your backyard, or at a local park and take a mindful moment to talk about some questions for each one

Find the following objects:

- Plant
- Tree
- Living Critter
- Something that doesn't belong in nature
- Pinecone
- Rock
- Flower
- Leaf
- Stick
- A pair of...



- What color is it?
- What does it feel like?
- How big is it?
- How heavy is it?
- What does it smell like?

Reflect on what you found using the questions below:

- What was the brightest color you found? What color do you feel like when you are angry? Sad? Happy? What color are you feeling now?
- What did you find that didn't belong in nature? Do you ever feel like you don't belong?
- Did you find anything that came in a pair? Who is someone you can talk to (your pair)?
- What is the heaviest object you found? Do you have any concerns that feel like a heavy weight? How does your body feel when you carry those "weights"?
- What is the roughest item you found? What coping tools help you when things get rough?
- Did any item you found have a smell? What is a scent that helps you feel calm?
- What is the biggest item you found? What is something that makes you feel proud? What makes you feel big and powerful?



To learn more, visit the
School Mental Health Resource and Training Center at
www.mentalhealthEDnys.org or call **518.434.0439**