



Based on the book...
Be Here Now

Mindful Walk Scavenger Hunt

Go for a walk outside or around your home. Use your senses to find the following:

- ☐ Something Soft
- ☐ Something Colourful
- ☐ Something That Makes Sound
- ☐ Something With an Interesting Shape
- ☐ Something That Smells Nice
- ☐ Something Tiny
- ☐ Something That Makes You Smile

Bonus Activity: Close your eyes and take a deep breath.
What can you hear around you? Take notes below:



Join Our Live Event on March 9th