

Kids Mindfulness Day Nature Treasure Hunt 16th September 2022



We hope you have loads of fun with this mindfulness activity. Be sure to leave nature the same way you found it. We don't recommend collecting or touching the items, just spotting them. Feel free to add your own ideas onto the list. Happy hunting

www.kidsmindfulnessday.com.au



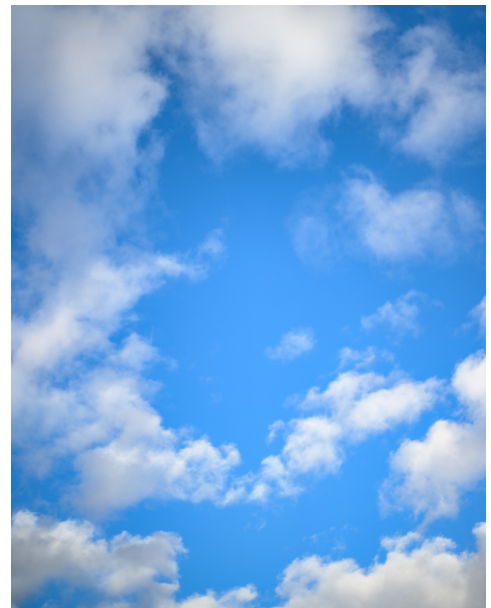
pebble



leaf



feather



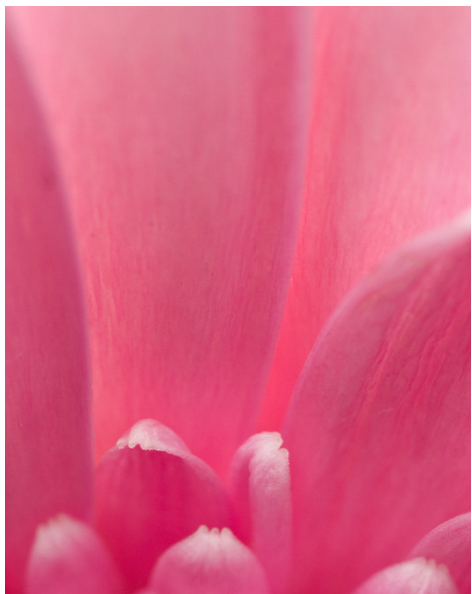
fluffy



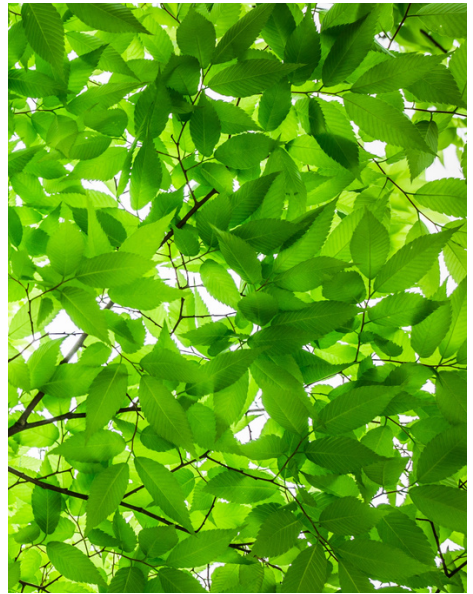
flower



stick



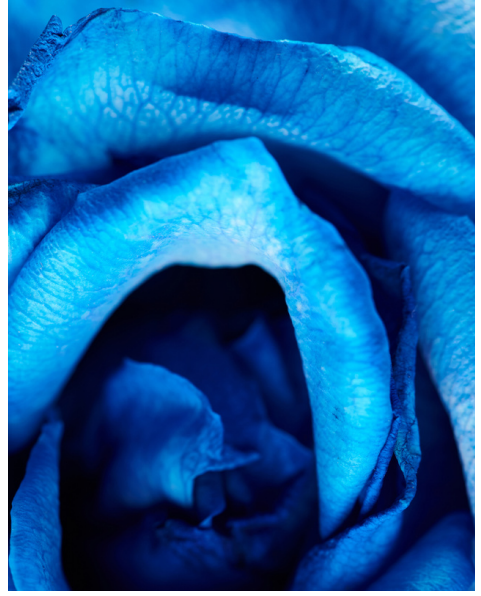
pink



green



rough



blue



smooth



crooked



hard



soft

Well done little explorers. How is your body feeling now? Do you feel calm and relaxed?

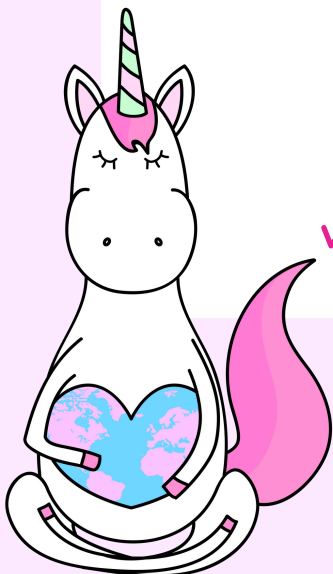
Please feel free to tag us in your adventures

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#KMD22

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