



Mindful Fall Scavenger Hunt

*Before you begin, take 3 mindful breaths
to help your body and mind focus!*

- A small red leaf
- A medium yellow leaf
- A big brown leaf
- One acorn
- Three pumpkins
- A pine cone that fits in your palm
- A puddle
- Listen for a squirrel and draw it
- A spider web and draw it
- A tree branch as long as your arm

