

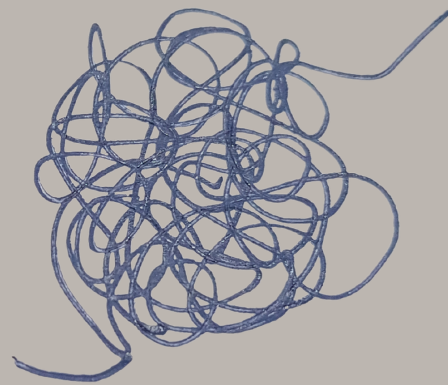
# MINDFUL AT HOME

## Scavenger Hunt

@inboundspdx



VS



MINDFUL

MIND FULL

Find something bumpy

Find something that tastes sweet

Find something that makes you happy

Find something that tastes sweet

Find something noisy

Find something soft and fluffy

Find something the color of the sky

Sit quietly for 1 min and pay attention to what you hear

Find something that can be used to make music

Find something with a strong smell

Find something round

Find something fun to eat

Listen to music you love & have a 30 sec dance party

Find something that smells good

Find something that is your favorite color

Find something to make you giggle

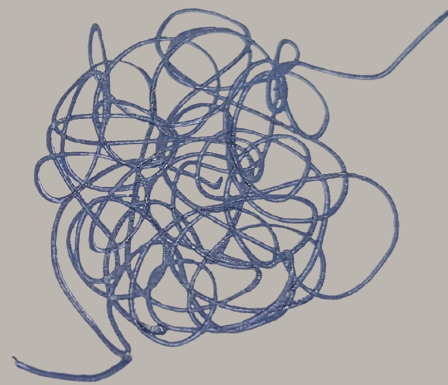
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