

Virtual Hike for Mike

Scavenger Hunt!



- | | |
|--|--|
| <input type="checkbox"/> An acorn | <input type="checkbox"/> Two kinds of sticks |
| <input type="checkbox"/> Something colorful | <input type="checkbox"/> Something bumpy |
| <input type="checkbox"/> A pinecone | <input type="checkbox"/> A flat rock |
| <input type="checkbox"/> Two kinds of leaves | <input type="checkbox"/> A flower or petal |
| <input type="checkbox"/> Something smooth | <input type="checkbox"/> A ladybug |
| <input type="checkbox"/> Something rough | <input type="checkbox"/> Grass |
| <input type="checkbox"/> An ant | <input type="checkbox"/> A bird |
| <input type="checkbox"/> A feather | <input type="checkbox"/> A seed |
| <input type="checkbox"/> A bug that crawls | <input type="checkbox"/> Something beautiful |



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Find & Draw!



A pretty leaf

A fence

A colorful bug

A funny shadow

A cloud

An animal



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Conversation Starters



1. What are the three most interesting things about you?
2. Name five reasons you're glad to be alive.
3. If you could have a conversation with anyone in history, who would it be?
4. If your best friend could be anyone from a book you have read, who would it be?
5. Would you rather live in a castle, on a boat, or on a cloud?
6. If we had a special day together what would you want to do?
7. What three words do you think best describe our family?
8. What is your favorite family tradition?
9. Would you rather time-travel into the past to meet your ancestors or into the future to meet your descendants?
10. What traits do you most admire in other people?

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Mindfulness Activities



Need to take a break? Here are some things to do while you're resting!

Watch Wildlife

Once you spot something, spend time watching its behavior. Binoculars help, but are not necessary. Afterwards, talk about all the things you saw that you never noticed before.

Watch the Clouds

Sit or lie down on the ground. Breathe in and out as you watch the clouds roll by. And of course, take note when a cloud looks like something else. This is a fun activity by itself!

Play "I Spy"

This is a game that practices mindfulness through mindful observation. Have one person find a target item. They might say, "I spy something green." Others in the group should look around and take turns guessing what item might be the target.