

Hello 1<sup>st</sup> Graders!

Happy April! I miss you all and think about you every day. I hope that you are all doing well. Remember, you can always email me or we can set up a Zoom meeting to check in!

This week I have a fun Scavenger hunt for you! Using the board below, your challenge is to use your 5 senses each day to find the items listed. Check them off as you go! This activity will help you practice your mindfulness skills, which are so important especially during a time like this when things are a bit different than usual!

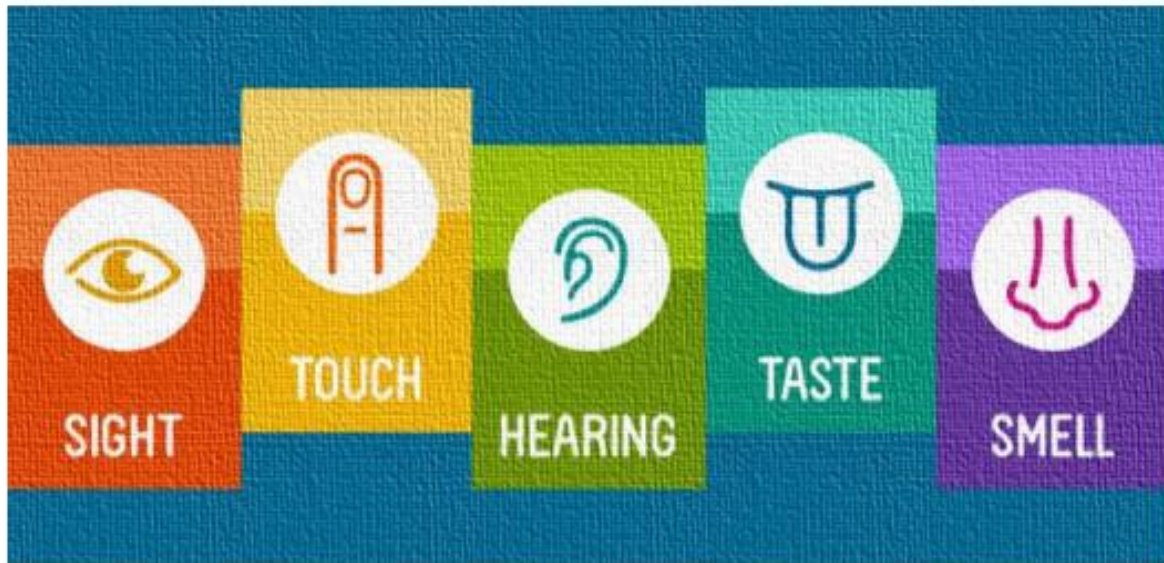
Take some pictures as you complete the challenge and email them to me. I would love to see what you are all up to! I may even post a few on my Twitter page, @MissKPicha!

Please let me know if you need anything, I am here for you.

Love,

Miss Picha

# Mindfulness Scavenger Hunt



Monday	Tuesday	Wednesday	Thursday	Friday
2 things that are YELLOW	3 different colored rocks	Something that smells good	4 things that are round	Something that makes a crunching sound
Something that buzzes	Something that tastes sweet	3 different shaped sticks	3 things that are smooth	4 things that are soft
3 things that feel rough	4 things that are white	5 items smaller than your hand	Find a farm animal book	A book that makes you laugh
A book that has food in it	Something that has wheels	A book that has a character bug	A toy that has 3 different colors	Something that smells fresh
Something you can recycle	A book that has a plant in it	Something that makes a loud sound	3 types of leaves	4 things that are GREEN