

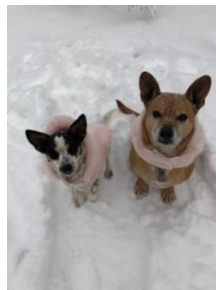


Winter Mindfulness Scavenger Hunt

Unlike a regular scavenger hunt – the goal is not to hurry or to necessarily find everything on the list. Find what you can. The practice is to notice, engage, appreciate, and cultivate wonder for the natural world. If you deepen your connection by taking time with anyone of these, it is a success.

Can you find the following?

- A spiral shape in the natural world (it might be tree bark, branches, or vines)
- Five shades of brown (much of the natural world appears brown right now, but look closely for the various hues of tan, rust, chocolate, caramel, cinnamon and more)
- Dried Seed pods still on plants – providing food for critters and seeds for a next generation
- Red or orange berries on bushes or trees – supplying food for winter birds
- Bark of a tree with designs like hieroglyphics
- An acorn – stop to consider that this small seed can produce an 80 foot oak tree
- An unbroken pinecone – home for the seeds of pines
- Vines wrapped around a trellis
- A raised garden bed in a neighbor’s yard – humans and plants co-creating
- A community garden – humans building community as they co-create with plants
- Something flowering – depending on where you live, this is possible now
- A tree trunk that appears to have a face in it – they are everywhere
- A branch of a bush or tree resembling a letter of the alphabet
- A plant or tree that has vibrant energy
- Red stems or branches on bushes or trees
- A treehouse – humans interacting with trees – how cool is that?
- A plant coming up through cracks in the sidewalk – appreciate resilience!
- The tallest tree in your neighborhood – appreciate tenacity & longevity
- A heart shaped something from the natural world – a leaf, a vine, a rock, ridges in a tree trunk
- Lastly - dogs in winter coats – You would be right to point out they are not plants – but they are certainly adorable.



Joann Calabrese, author of *Growing Mindful, Explorations in the Garden*

to Deepen Your Awareness

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