
SPRING MINDFULNESS HUNT

LISTEN FOR



TRICKLING/RUNNING
WATER



BIRDS CHIRPING



THE BREEZE IN TREES

FEEL



OLD LEAVES



SUNSHINE ON YOUR
FACE



MUD IN BETWEEN
YOUR TOES/FINGERS

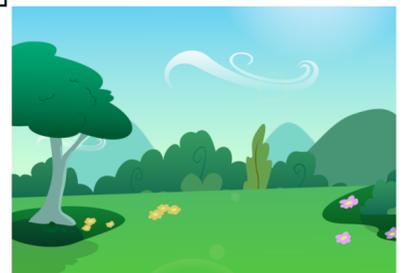
SMELL



SOIL



GRASS



FRESH AIR