

# PROJECT: GET IT DONE TOGETHER

## Mindfulness Scavenger Hunt

Take a few minutes out of your day to do this Mindfulness Scavenger Hunt and see if you feel more relaxed when you're done!

### Step 1



Smile



Breathe  
In



Breath  
Out



Count The Lines  
On Your Hand

### Step 2



Smile



Breathe  
In



Breath  
Out



Count The Curves  
On Your Ears

### Step 3



Smile



Breathe  
In



Breath  
Out



Count The Bumps  
On Your Lips