

## Facilitator Hints

You may like to provision the environment ahead of time to support the activity.

### Smell:

Collect/write down the scents can be smelled either in the present moment, from memories of fall, or favorite fall scents.

### Sight:

Collect/write down what can be seen. Consider the environments where the participants can be when they're working on their hunt.

Consider allowing participants to list things they have seen before or hope to see in the future (perhaps fall connected past and future)

### Hear:

Collect/write down what sounds can be heard either in the present moment, or from favorite fall memories.

Consider encouraging participants to remain very quiet for a few moments and listen carefully.

### Touch:

Collect/write down things that can be touched. What is there in the present moment? What can be brought from favorite fall memories? Consider asking the participants to find things, or think of things, that have various texture types. For example, rough, smooth, wet, dry, bumpy, lumpy, crumbly, hard, soft, damp, etc.

### Taste:

Collect/write down what can be tasted, either in the present moment, or from memories from falls past.

Consider offering a mindful eating experience. What flavors, textures, and temperatures of food/drink might be fall/seasonal connected with the children and youth where you're located?

# Fall Five Senses Mindful Scavenger Hunt

