



Micro-Wellness Scavenger Hunt

Place a check ✓ next to each item you find.

The first one to find all the items wins

- Day 1:** Find something round and trace the circle slowly with your eyes - it anchors your nervous system.
- Day 2:** Spot the color green and take a hydration sip.
- Day 3:** Find something the same color as your eyes, smile and take 3 deep breaths.
- Day 4:** Find something warm (blanket, mug) and take a grounding breath while holding it.
- Day 5:** Find sunlight or bright indoor light - stand in front of it and stretch your arms up to the sky for 10-seconds.
- Day 6:** Find something tiny - this is your reminder that small habits matter.
- Day 7:** Find a leaf or plant with color - wrap your arms around yourself for a big hug to acknowledge your growth - you're becoming.
- Day 8:** Find a piece of art. Pause to admire it for 10 seconds.
- Day 9:** Find a porch or patio. Step onto it, breathe deeply, and reset.
- Day 10:** Find something that was gifted to you. Send a nice text to the person who gave it to you.

