

Carneros Kids Wellness

SENSORY SCAVENGER HUNT

Follow the instructions below to complete our Sensory Scavenger Hunt. Good luck!



smell: DONE

Visit our culinary garden and smell the plants. Notice which scents make you feel calm. BONUS: Write the plant names below if you know them:

breath: DONE

Take 3-5 slow belly breaths. How to: Pretend your tummy is a balloon. Take a slow, deep breath through your nose and fill your tummy like a balloon, then gently let it out. BONUS: Close your eyes.



touch: DONE

Find 1 soft, 1 smooth, and 1 rough surface. Check the box for each surface you touch. BONUS: Write the names of what you touched below:

SOFT:

SMOOTH:

ROUGH:

sound: DONE

Pause and listen for 3 soothing sounds. Check the box for each one you hear. BONUS: Write the names of what you heard below:

SOUND #1:

SOUND #2:

SOUND #3:



sight: DONE

Find something in nature to draw such as a tree or a flower. Sketch it on the back of this sheet.

movement: DONE

Stop where you are and move however feels good. Dance to your favorite song, take a short walk, do a few stretches, or see how long you can balance on 1 foot.



extra credit:

2 MINUTES OF GROUNDING.

How to: Find a patch of grass or dirt, take your shoes off, and stand barefoot on the earth. Grounding, connecting our feet to the earth, helps our bodies feel calm.



finished?

CONGRATULATIONS! Bring your completed Sensory Scavenger Hunt to WELL in Town Square for a complimentary juice or fresh fruit.



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