

Kindness Scavenger Hunt

BY MINDFULNESS WITH MARIEL

WRITE A GRATITUDE LIST OF 10 THINGS YOU ARE THANKFUL FOR	MEDITATE 5 MINS FOR WORLD HEALING	CALL SOMEONE WHO COULD USE SOME VIRTUAL LOVE	TEXT A VIRTUAL HUG TO 5 LOVED ONES	SEND SOMEONE A JOKE
LEAVE A NOTE FOR A NEIGHBOR THAT YOU ARE HERE IF THEY NEED HELP	LEAVE A NICE NOTE AT SOMEONE'S MAILBOX	EMAIL A TEACHER THAT HAS IMPACTED YOUR LIFE	SEND AN APPRECIATION NOTE TO SOMEONE IN MEDICAL FIELD	SEND A THANK YOU TO YOUR PARENTS OR A PARENT FIGURE
GIVE YOUR PET A BIG HUG; NO PET? DONATE \$10 TO ANIMAL SHELTER	JOURNAL YOUR TRUE FEELINGS. LET IT OUT.	 <i>FREE SPACE</i>	PICK UP 10 PIECES OF TRASH OUTSIDE	SEND THIS SHEET TO FIVE OTHERS; SPREAD KINDNESS
CALL AN EDERLY PERSON IN YOUR LIFE WHO IS IN ISOLATION	GO FOR A WALK AND GIVE CONSCIOUS APPRECIATION TO NATURE	THANK A GROCERY STORE WORKER	SUPPORT A LOCAL RESTAURANT AND ORDER TAKE OUT	SHARE A SOCIAL MEDIA POST OF A LOCAL BUSINESS
SEND A RANDOM COMPLIMENT TO A FRIEND	DONATE CLOTHES OR BOOKS YOU NO LONGER NEED	LEAVE A NOTE OR SNACK FOR YOUR MAIL CARRIER	DONATE TO LOCAL FOOD BANK	WRITE A LIST OF 10 PEOPLE WHO HAVE IMPACTED YOU

Follow along



MINDFULNESS WITH MARIEL CHALLENGE GROUP



MINDFULNESSWITHMARIEL



MINDFULNESS WITH MARIEL