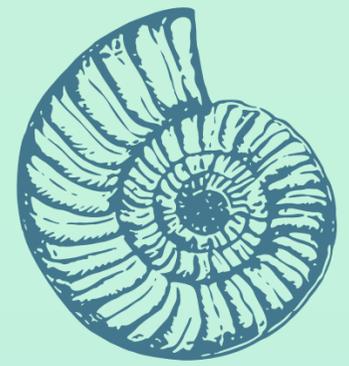




Scavenger Hunt



BEACH

Take a small moment for yourself to practice some self care at the beach.
Notice the things you enjoy that calm and re-energize you.

Do a sand scrub.	Tickle your feet in the grass.	Bird watch.	Excuse yourself for some "Quiet Time"
Find a smooth rock that you enjoy.	Snuck out of a party early	Feel the sunshine on your face. Try catch a freckle!	Go for a walk on the beach.
Enjoy a cool treat!	Read a relaxing book on the beach.	Enjoy a picnic at the beach.	Watch the sunset or sunrise.
Have a nap.	Changed your route to avoid a crowd	Texted or emailed someone when they asked you to call	Find some pretty flowers and smell them.
Quietly journal or meditate at the beach.	Search for seashells.	Make a picture out of driftwood and beach findings.	Go for a cool dip in the water!

If you don't have access to the beach, you can adjust this to do anywhere!

