

# SPY

I Spy is a classic children's game that can be adapted as a wellbeing and mindfulness activity for adults. It involves focusing on the present moment and using observation skills to identify items around you, cultivating mindfulness by directing your attention to the details of your surroundings and fully immersing yourself in the present experience. It encourages you to slow down, observe with intention, and appreciate the beauty and intricacies of your environment.

By paying attention to the physical environment, you redirect your attention from any racing thoughts or distractions, and back to the present moment to help you feel calmer. And of course, when you're calm, your dog is calmer.

Spy at least 12 items from the summer scavenger list below! Feeling artistic? Draw, paint or collage them!

## I spy with my little eye...

- |                                                                   |                                                   |
|-------------------------------------------------------------------|---------------------------------------------------|
| <input checked="" type="checkbox"/> 3 Different Shells            | <input type="checkbox"/> Crickets or Grasshoppers |
| <input type="checkbox"/> Sandals and Socks                        | <input type="checkbox"/> Dragonfly                |
| <input checked="" type="checkbox"/> Watermelon                    | <input type="checkbox"/> Tennis                   |
| <input checked="" type="checkbox"/> An unusual shape in nature    | <input checked="" type="checkbox"/> Sunflowers    |
| <input type="checkbox"/> Flag Flying                              | <input checked="" type="checkbox"/> Dog Rose      |
| <input checked="" type="checkbox"/> Someone Watering their Garden | <input checked="" type="checkbox"/> Mint          |
| <input checked="" type="checkbox"/> Line of Ants                  | <input checked="" type="checkbox"/> Chamomile     |
| <input checked="" type="checkbox"/> Sprinkler                     | <input checked="" type="checkbox"/> Yarrow        |
| <input checked="" type="checkbox"/> Tent                          | <input type="checkbox"/> Lavender                 |
|                                                                   | <input checked="" type="checkbox"/> Couch Grass   |



Use the hashtag #sunshinesv