

SCAVENGER HUNT

Tolworth Girls' School & Sixth Form

Things you can see

- Something green
- Two kinds of leaves
- Someone smiling
- A squirrel
- A bird flying
- A cloud
- Something round

Things you can hear

- People talking
- A bird call
- Wind blowing
- A dog barking
- Splashing water
- An insect buzzing
- Someone laughing

Things you can smell

- A flower
- Pollen
- Food
- Something that smells good
- Something that smells bad

Things you can feel

- The sun
- Grass
- The wind
- Two different trees
- Something smooth

THIS IS CALLED GROUNDING.

It can help when you feel like you have lost control of your surroundings.