

# OUR MINDFUL MUSEUM

We're all spending a lot of time in our homes, so let's try to look at them slightly differently! Create a museum of your home and find all the things that make your space yours.

Find three objects in your home that you use everyday - are there any stories that go with them?

- 1.
- 2.
- 3.

Find an object from your garden that reminds you of summer

Find an object in your kitchen that you don't use often. Find the one you use the most. Do you have a favourite family recipe?

Find an object that reminds you of childhood

Find an object that reminds you of a favourite holiday or trip - write down a memory from that trip

Find three objects in your home that you use once a year

- 1.
- 2.
- 3.

**Extra fun for kids:** Now put all your objects in a pile on the table and cover it over with a towel. You have 2 minutes to write down every object and why you chose it. Go!