



Elsmere Library's  
Mindfulness Walk



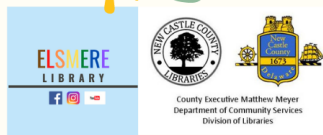
## 4-7-8 Breathing Technique

- 1.) Breathe in through your nose for 4 seconds
- 2.) Hold the breath for 7 seconds
- 3.) Exhale through your mouth for 8 seconds

# Using Your Senses

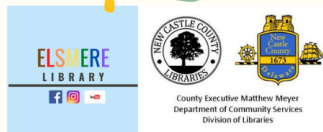
If you can,

- 1.) Notice **5** things you can **see**
- 2.) Notice **4** things you can **feel**
- 3.) Notice **3** things you can **hear**
- 4.) Notice **2** things you can **smell**





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Ask yourself  
these questions:

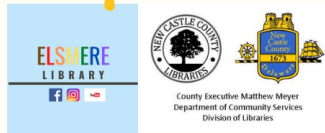
What am I grateful for today?

What beauty am I creating, cultivating,  
or inviting in today?

What memory brings me joy?



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## Can you find any of these items?

Scavenger Hunt also available during lobby hours and curbside pickup

### Spring Scavenger Hunt

DelawareLibraries



Acorns



Bicycle



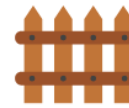
Bird



Cat



Dog



Fence



Insect



Leaf



Recycling Bin



Runner



Something Blue



Something Red



Something Yellow



Squirrel



Water (river or stream)



Scan this QR code to begin requesting library materials about **mindfulness!**

