



Neighbourhood Scavenger Hunt

Turn your daily walks into
a meditative practice and
find all kinds of interesting
things in your local area



Wisdom Stirring

Neighbourhood scavenger hunt



1. Pat a dog
2. Pick up trash
3. A butterfly
4. A heart shape
5. A book library
6. A caravan
7. A boat
8. A decorative lamp post
9. A post box
10. Writing in the footpath (graffiti)
11. A bus stop
12. A bus
13. A barn
14. A real estate sign
15. A spinning windmill
16. Someone growing food in their yard
17. A construction site
18. Playground equipment
19. An abandoned house
20. A park with no play equipment
21. Christmas decorations (not lights or tinsel)
22. A house with number 85
23. A cat in a driveway
24. A dog in a window
25. A yellow car
26. A white daisy
27. A parrot
28. A park bench
29. A garden gnome
30. A concrete garden decoration or statue (not a gnome)
31. A satellite dish
32. A roundabout
33. Graffiti art
34. A fire hydrant
35. A basketball hoop
36. A car body "shell"
37. The most interesting letterbox
38. A flagpole with a flag
39. A herb garden
40. A bird bath
41. A cubby house
42. A blackberry bush
43. An empty lot
44. A church / place of worship
45. Something on the power lines that doesn't belong there e.g. shoes
46. A swing / swing chair (adult or kids)
47. A hanging egg chair
48. A trampoline (any size)
49. A train
50. A dinosaur
51. Climb a tree
52. A hammock
53. A koi / fish pond
54. A school
55. A pre-school
56. Halloween decorations
57. An ornate front door
58. A red letterbox
59. A house number that matches your day of birth
60. Something really interesting



About Nicola

I'm Nicola (aka Nikki) and I've been exploring personal development and spirituality since I was a young child.

From astrology to meditation, intuition to connecting with nature, I've been finding my own way in this wild world for years, trying almost every new age modality along the way.



I also happen to be super practical, and not a huge fan of fluff or doing what I'm "supposed" to do, and apparently my biggest life lesson is all about learning to trust and follow my inner guidance. Pfft.

After realising I was repeating the same dysfunctional patterns of my parents, I embarked on a journey of self-healing and discovery, exploring conscious living, and working with energy healers and therapists.

I found that certain body-based techniques, such as energy work and somatic exercises, were the key to releasing past wounds and becoming a more effective, compassionate, and present parent and human being.

Now, I help other parents who are aware of their emotional baggage and past wounds to break free from generational patterns of pain, trauma and dysfunction and create a brighter, love-filled future for their families.

Learn more about me here: <https://wisdomstirring.com/about/>

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