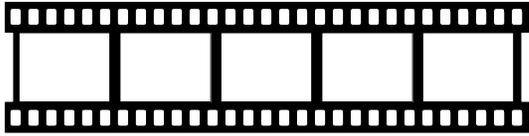


# Sunrise/Sunset Photo Challenge!



Going outside is a breath of fresh air!

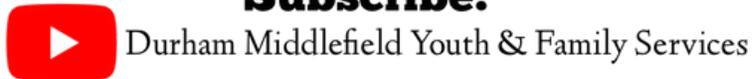
Watching the sunrise in the morning or the sunset is relaxing and allows time to be in the moment.

We challenge you to go "Capture the sun" in a photo! Submit photos to be entered into our Mindful Monday giveaway. Tag us on Facebook or Instagram or email photos to lvo@dmyfs.org to be featured.

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DMYFS/DMLWC  
PRESENTS

# Mindful Monday

**"CATCH THE SUN"**  
**ACTIVITY KIT**



Durham Middlefield  
YOUTH & FAMILY SERVICES



Durham Middlefield  
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

# Paint Sun Catchers!

## Materials Included in Kit

- Sun Catchers
- String
- Paint
- Paint Brush



## Instructions

1

Paint your sun catchers! Every kit has a different set of sun catchers to paint and 3 different color paints!



2

Wait for your sun catchers to dry! In the meantime you can try some mindful outdoor activities!

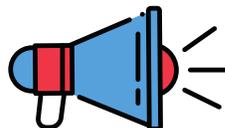
3

Cut and attach the string to your sun catchers.



4

Hang the sun catchers up and look at the creation you made! You have caught the sun!! Keep catching the sun with our other kit activities and challenges!



## Giveaway Entry Alert!

### We want to see your creation!

Snap a photo with your creation and share it with us by tagging us on Facebook and Instagram!

Or email photos to [lvo@dmyfs.org](mailto:lvo@dmyfs.org) to be featured

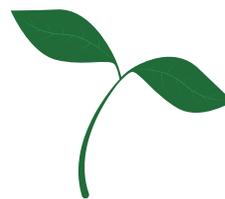


Share your creation with us and get entered into our Mindful Monday giveaway! Winner will be announced at the end of May.

# Outdoor Activities

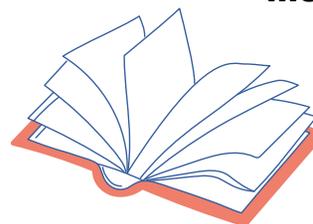
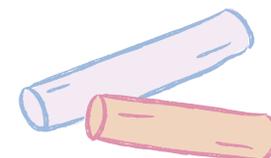
## Gardening

The Middlefield - Durham Giving Garden located behind the Middlefield Community Center is open to volunteers on Saturdays and Wednesdays from 9am to noon.



## Chalk

We challenge you to chalk your sidewalk and/or driveway with a positive message!



## Reading

Check out a book from the Durham Public Library or Levi E Coe Library and enjoy reading it outside under a tree!

## Going on a walk or hike

From May 7th to May 21st DMYFS and DMLWC are "Going on a Tree Hunt". Participate in this event to be entered into a swag bag giveaway! For more information please visit <https://rebrand.ly/TreeHunt>



## Watch the Clouds

We challenge you to look up at the clouds and try to look for any shapes, animals, or different images that are created!



## Go on a Scavenger Hunt

In your activity kit there is a checklist where we challenge you to go find everything on this list! Once you're done, make your own list of items by drawing and labeling what you found on your hunt!

