

# CHASING FIREFLIES

The flashes of fireflies on a warm summer night remind many of us of our carefree childhood sense of wonder. Whether you call them fireflies or lightning bugs, you're invited to let their enchanting light displays spark your curiosity and inspire your imagination. It's time to practice being mindfully curious!

## TO PLAY THE CHASING FIREFLIES GAME:

1. Print the gameboard and tape it together. It will be 11"x17"
2. Print the game cards. Cut them out individually.
3. Select and cut out your firefly marker. This will be how you track your progress on the gameboard.
4. Optional (but fun): Color your firefly marker and gameboard.
5. Put the game cards into a bowl.
6. Each day until completion, pull out a card and perform the activity.
7. You may skip a card and draw again if one you draw doesn't apply to you.
8. For each card that you complete, advance one spot on the gameboard.
9. When you land on a bonus spot, complete that task and move an additional spot forward.
10. When you finish the game, send Sheree an email at [sheree@fork-road.com](mailto:sheree@fork-road.com). What did you learn or discover?

**CUT OUT AND COLOR YOUR FIREFLY MARKER!**

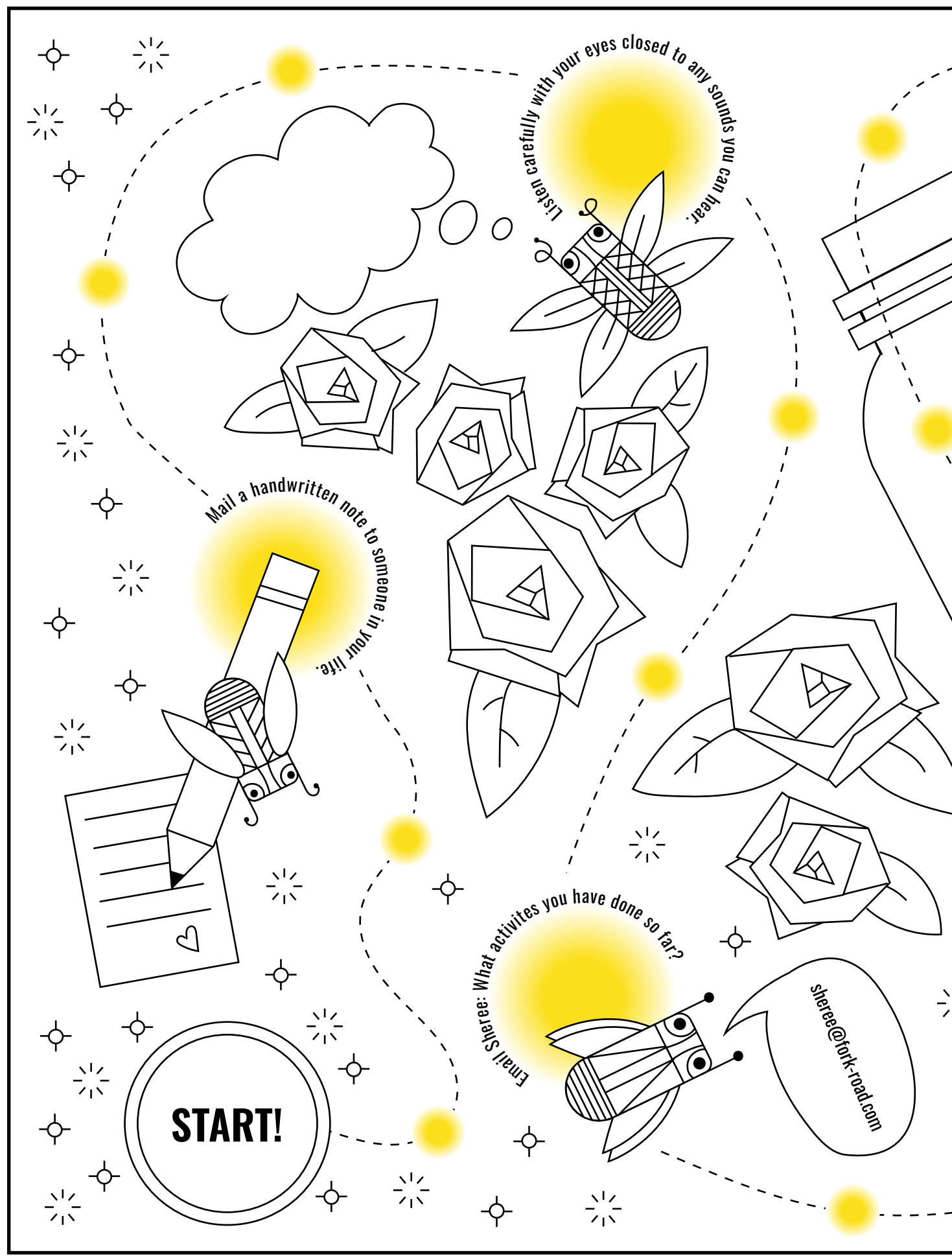
**START!**

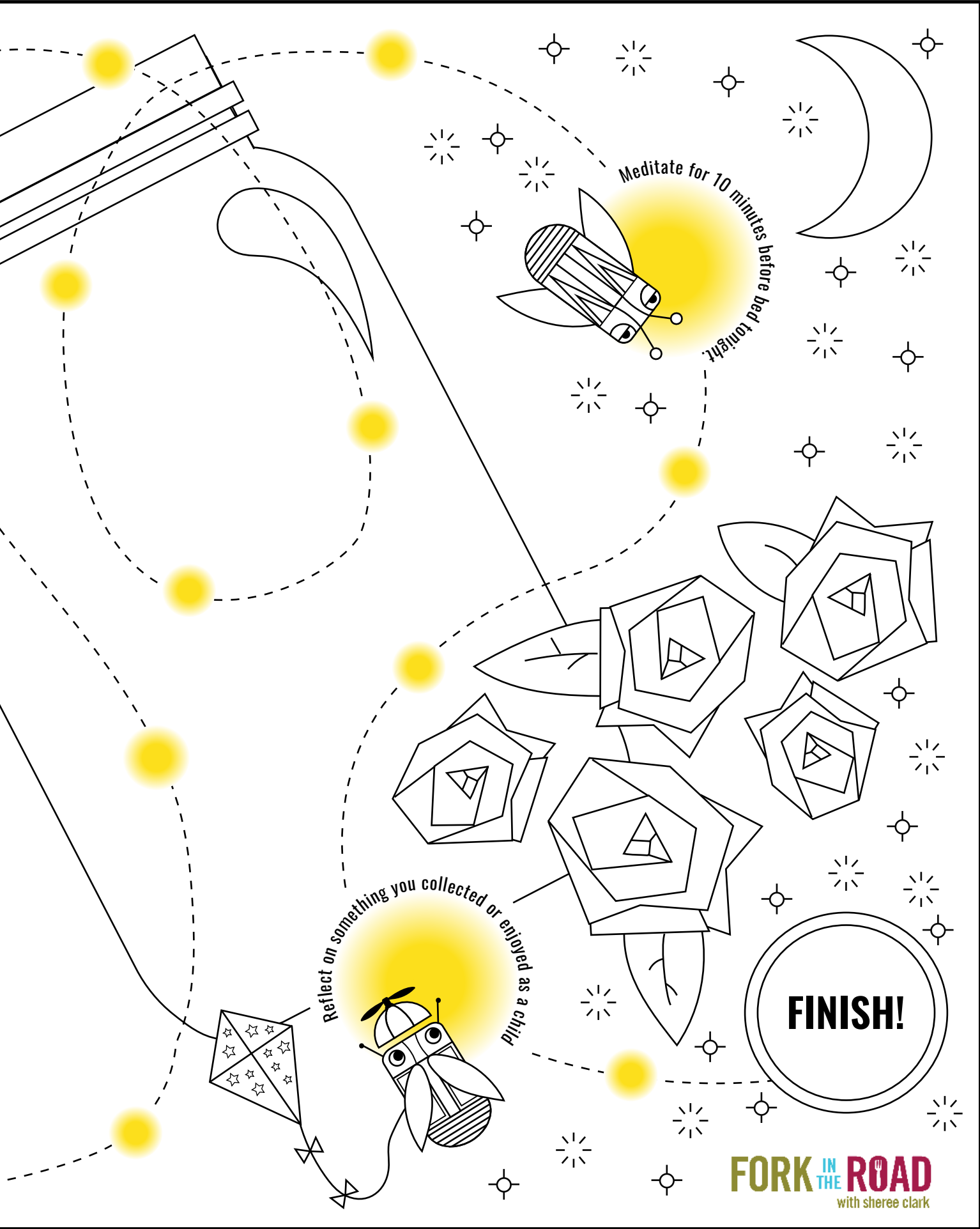
Email Sharee: What activities you have done so far?

[sharee@fork-road.com](mailto:sharee@fork-road.com)

Mail a handwritten note to someone in your life.

Listen carefully with your eyes closed to any sounds you can hear.





Meditate for 10 minutes before bed tonight.

Reflect on something you collected or enjoyed as a child.

**FINISH!**



Drive or walk a different way than your usual route to every place you go today.

MOVE ONE SPOT FORWARD!

Read a book instead of watching TV for three consecutive days.

MOVE ONE SPOT FORWARD!

Look in your closet and take note of what colors of clothes seem to dominate your wardrobe. Buy something that is NOT a color in your closet.

MOVE ONE SPOT FORWARD!

Press a flower or leaf in a book.

MOVE ONE SPOT FORWARD!

Try sleeping on the opposite side of the bed tonight.

MOVE ONE SPOT FORWARD!

Eat all your meals today without multitasking. No reading emails, working, or television. Simply. Eat.

MOVE ONE SPOT FORWARD!

Watch a documentary on someone you find to be inspirational.

MOVE ONE SPOT FORWARD!

Listen to a different radio station or podcast.

MOVE ONE SPOT FORWARD!

Reread a "classic" you read in high school. Consider: *The Catcher in the Rye*, *The Diary of a Young Girl*, *1984*, *Pride and Prejudice*...

MOVE ONE SPOT FORWARD!

Ask someone for a suggestion of a great memoir or biography to read.

MOVE ONE SPOT FORWARD!

Say ten things you love about yourself out loud, slowly.

MOVE ONE SPOT FORWARD!

Select a small food item, like a chocolate chip, and examine it closely. Place it into your mouth and explore the texture and taste. Take a full minute to eat it.

MOVE ONE SPOT FORWARD!

Write ten things you are grateful for before going to bed tonight.

MOVE ONE SPOT FORWARD!

Order something other than your "usual" take out order from your restaurant or coffee shop.

MOVE ONE SPOT FORWARD!

Go to (or order from) a different grocery store.

MOVE ONE SPOT FORWARD!

Find a new recipe that includes ingredients you don't typically eat. Now, cook that meal and enjoy!

MOVE ONE SPOT FORWARD!

Take a media vacation today. Skip TV, radio, social media...cut out any extra noise.  
Be with your thoughts

MOVE ONE SPOT FORWARD!

Instead of texting or emailing, call the person instead.

MOVE ONE SPOT FORWARD!

Go for a walk and notice an animal that crosses your path. Go home and look up that animal's totem.

MOVE ONE SPOT FORWARD!

Go for a walk with no headphones or distractions and enjoy the sounds of nature.

MOVE ONE SPOT FORWARD!

Use your non-dominant hand to eat and drink with all day.

MOVE ONE SPOT FORWARD!

When you see someone today, notice the first thoughts that come to mind. If it's something nice about them, say it!

MOVE ONE SPOT FORWARD!

Eat all your meals today off of your "best" dishes—use linen napkins too. (Don't have any? Pick up a set!)

MOVE ONE SPOT FORWARD!

Reach out to someone you have not connected with in more than five years.

MOVE ONE SPOT FORWARD!