

Mindful Fish Trail

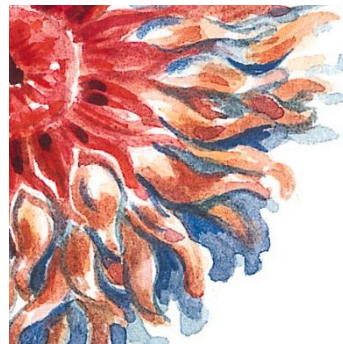
Dive in to our website enjoy the tranquillity of the Moray Firth...

GO FISH! Fishfinder web search

Take a close look at our website (<http://www.macduff-aquarium.org.uk/explore/fish-finder>) and see if you can identify these animals by looking very closely.



I am a _____



I am a _____



I am a _____



I am a _____

Mindfulness 5-4-3-2-1....

Head to an outdoor space or calm area and find:

- 5 Different things you can see
- 4 Different things you can touch
- 3 Different things you can hear
- 2 Different things you can smell
- 1 Memory to take with you....



Memory Mapping

Decorate the word below to give yourself clues about the memory you want to take with you...

F I S H

GO FISH! Website Search (answers)



Cuckoo
wrasse



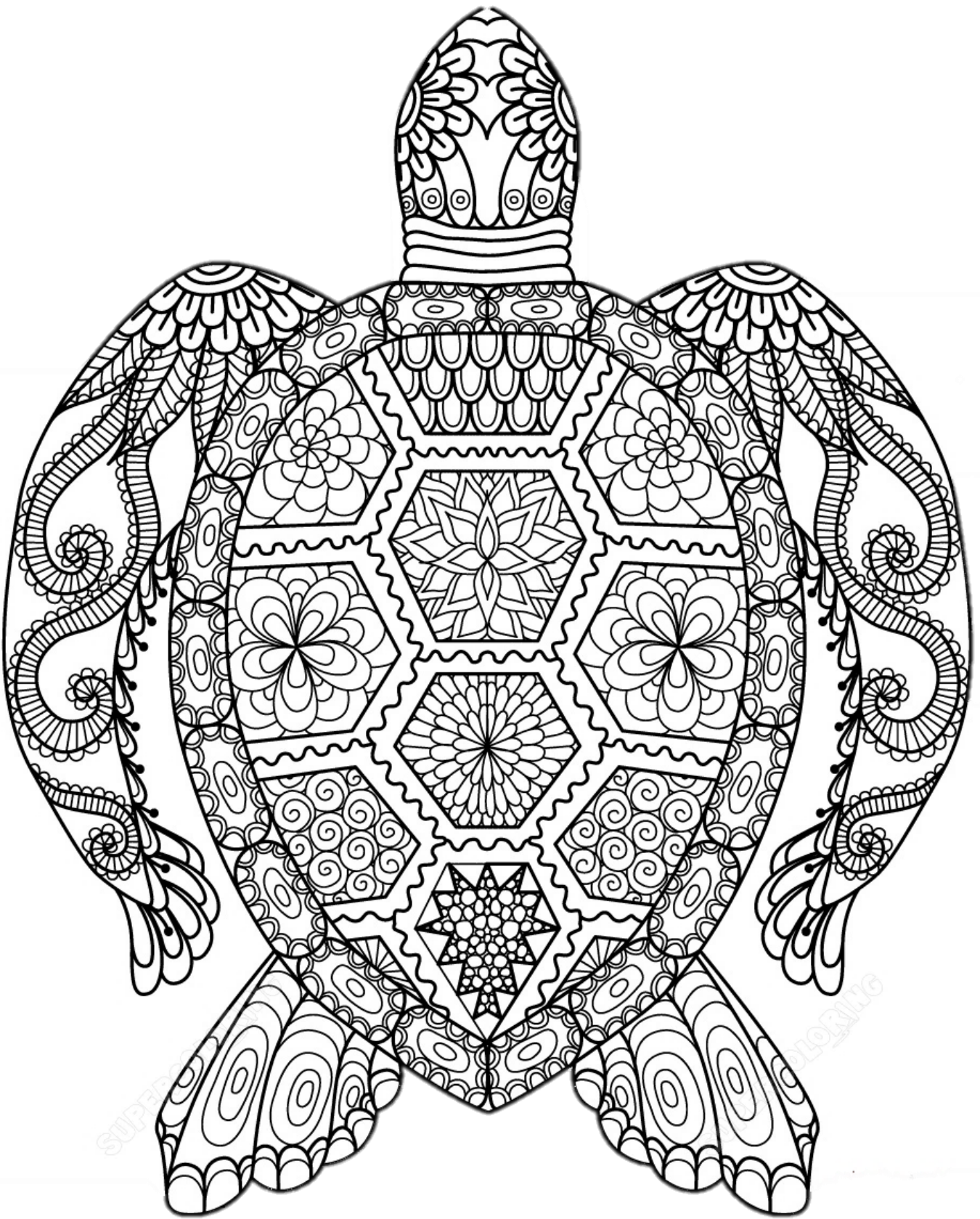
Dahlia anemone



Moon jellyfish



Lesser octopus



Choose your mindful fish

As you explore the aquarium website choose one fish or animal that stands out to you. Spend 5 minutes looking at pictures of this animal. Take in its colours and textures... Does it have scales? Does it shimmer? What do you think it would feel like if you could touch it?

If you want to draw or describe the animal in the space below:

