**A heart with a brain and pencils

Description automatically generated**

**MindFest Activities List**

**Our Lady of the Pines Catholic Church**

Please join us for interactive, hands-on activities. Fun for all ages!

***Yoga*** *will take place in Room 1 at 12:50pm with Carrie Lehtonen; otherwise, all other activities are ongoing throughout the day.*

Activities include:

* Gratitude Wall
* Mood Jars
* Puzzles
* Rock Painting
* Scavenger Hunts
* Self-Esteem Bingo
* Selfie Station
* Slime station
* Tarot Card Reading
* Therapy Dough
* Yoga (12:50-1:50pm ~ Room 1)
* Zen Garden