



PURPOSE //////////////////////////////////////

- Promote walking and outdoor time to boost mental and physical health
- Promote engagement with nature/the outdoor environment
- Help families be mindful and in the present

INSTRUCTIONS //////////////////////////////////////

Materials

- Template or pre-filled scavenger hunt
- Pen, pencil or stickers

Application

- When outdoors, or taking a walk, look for items on the list and check the boxes when they are found
- Optional- have a small prize for the person who completes it first

Assembly

1. Choose either the ready-made scavenger hunt, or fill in the blank one with things to search for.
2. Print scavenger hunt worksheet

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:



FAMILY MENTAL HEALTH SCAVENGER HUNT



Erika's Lighthouse®

During your walk or outdoor time, find these objects and check the boxes. Be the first to find all the objects!

A mailbox

Something that makes you smile

A metal gate

A chimney

Street Art

A fire hydrant

A fragrant tree/flower

A leaf

A bicycle

A brand sign or advertisement

A dog

A street sign

Something colorful

Something out of place



FAMILY MENTAL HEALTH SCAVENGER HUNT

During your walk or outdoor time, find these objects and check the boxes. Be the first to find all the objects!

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