



## PURPOSE //////////////////////////////////////

- Promote walking and outdoor time to boost mental health
- Promote engagement with nature
- Help students refocus

## 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:



@ErikasLH



@ErikasLH



erikas.lighthouse



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# 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!

☐

Any insect or bug

☐

Something that makes you smile

☐

Birds Chirping

☐

Nature shaped letter

☐

Street Art

☐

A rock that fits in your hand

☐

A fragrant tree/flower

☐

A leaf

☐

Bicycle

☐

A brand sign or advertisement

☐

A dog

☐

Street sign

☐

Something colorful

☐

Something out of place

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