



## Outdoor activities resources

Time: 20 minutes | cost: free | location: outdoors

yha

# Gratitude scavenger hunt

Tune into your emotions and sensations with this scavenger hunt with a difference!

### You will learn

#### To value the outdoors

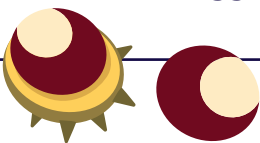
Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

### You will need:

- scrap paper

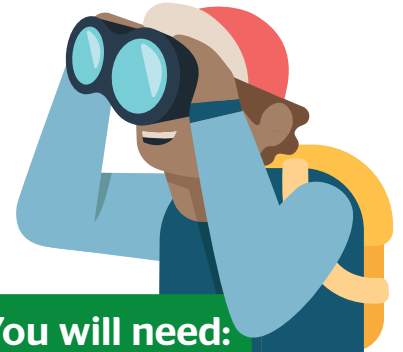
### Eyes down

- 1 Find a suitable place to run this activity. This activity can take place anywhere, however being outside can help the group interact with nature as well as feeling more connected with the local environment and themselves.
- 2 Create a scavenger hunt answer sheet by drawing out a bingo grid or use the one we've provided, and fill in each square with something different to find. We've suggested some ideas below.



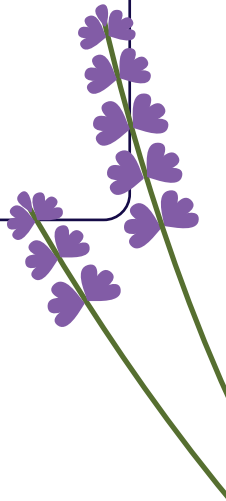
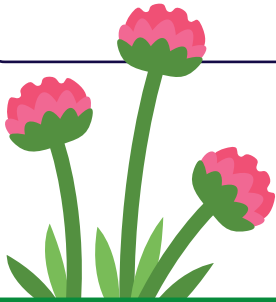
### Things to find on a scavenger hunt

- one thing that makes you happy/brings you joy
- one thing that you love to smell
- one thing that you enjoy looking at
- one thing that's your favourite colour
- one thing that you are thankful for in nature
- one thing that inspires you/that you feel protective over
- one thing that you are curious about/want to know more about
- one thing that feels nice to touch
- one thing that you've never seen before



## Reflection

Time	Activity
5 minutes	This activity was all about improving wellbeing and valuing the outdoors. Which were your favourite things to notice while you were doing the activity? Did you see or hear or smell or touch something really interesting?
	Think about how being out in nature can make you feel. It doesn't always have to be good emotions: nature can bring us fear - for example, some people are scared of spiders and thunderstorms - or sadness, like when a predator catches its prey.



## Change the level of challenge

The sheet can be adapted for older or younger members of the group by changing the language and adapting the senses and emotions accordingly.



# My gratitude scavenger hunt



Something that makes you happy

Something that smells nice

Something that inspires you

Something you are thankful for

Something that's nice to touch

Something that's beautiful

Something that's your favourite colour

Something you've never seen before

Something you're curious about

