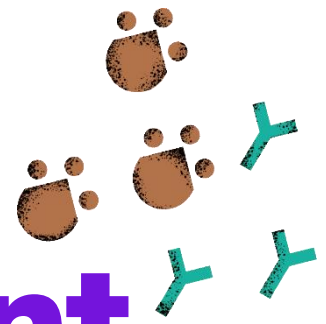


Gratitude Scavenger Hunt



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

Time | 20 mins
Cost | Free
Location | Indoors / Outdoors/At Camp/At a centre
Group size | Individuals

You will learn

Value the Outdoors

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

You will need

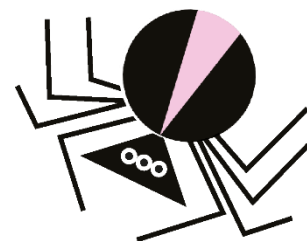
- Scrap paper
- Pens or pencils



Emotion

Feel joy, wonder, and calm when interacting with the natural world.

[Discover the five pathways to nature connectedness](#)



Before you begin

- 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.
- Create a scavenger hunt answer sheet by drawing out a bingo grid and filling in each square with something different to find. We've suggested some ideas below.

Eyes down

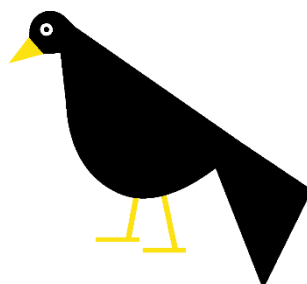
1. Find a suitable place to run this activity. This activity can take place anywhere, however being outside can help the group interact with nature as well as feeling more connected with the local environment and themselves.
2. Create a scavenger hunt answer sheet by drawing out a bingo grid and filling 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 mins	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.

Make it accessible

Some members of the group may not enjoy writing. As an alternative you could ask them to draw or find an item to match each point.

All Scout activities should be **inclusive and accessible**.

Safety

All activities must be safely managed. Use the **safety checklist** to help you plan and risk assess your activity. Do a **risk assessment** and take appropriate steps to reduce risk. Always get approval for the activity and have suitable **supervision** and an **InTouch** process.

- **Outdoor Activities**

You must have permission to use the location. Always check the weather forecast and inform parents and carers of any change in venue.

- **Visits away from your meeting place**

Do a risk assessment and include hazards such as roads, woodland, bodies of water (for example, rivers, ponds, lakes, and seas), plants, and animals.

You'll probably need more adult helpers than usual. Your risk assessment should include how many adults you need. The young people to adult ratios are a minimum requirement; when you do your risk assessment, you might decide that you need more adults than the ratio specifies.

Think about extra equipment that you may need to take with you, for example, a first aid kit, water, and waterproofs.

Throughout the activity, watch out for changes in the weather and do regular headcounts.

