

Self-Care Scavenger Hunt

FAMILY ACTIVITY

You are invited on a scavenger hunt! Find the following items in your home or yard. Parents and caregivers can make rules about parts of the home/yard/outdoors that are off-limits for this scavenger hunt. The first person to complete the list wins, but make sure everyone has a chance to finish the hunt. If an item is too big, heavy, or fragile to pick up, take a photo instead.

Discuss your findings as a family. We hope that this activity gives you a chance to have fun as a family and to remember the fun times you've had together. Happy hunting!

Materials

- Scavenger hunt list (next page)
- Phone/camera to take photos of items that can't be picked up or moved

Discussion Questions

1. Why did you choose that particular item for each category?
2. Which item was the most difficult to find?
3. Which item did you enjoy finding the most?
4. Are there any new things you want to find next time?

"The greatest gift you can give your children is not protection from change, loss, pain, or stress, but the confidence and tools to cope and grow with all that life has to offer them."

–Wendy Schlessel Harpham

Self-Care Scavenger Hunt List

Find the following items

- Something that reminds you of a time that family members laughed really hard
- Something that helps you during hard times
- Something that has helped you solve a problem
- Something that reminds you of a time you made up with a family member after a fight or disagreement
- Something that helps you feel calm and/or peaceful
- Something that helps you have a restful sleep
- Something you think is cute/adorable
- Something another family member likes but you *really* dislike
- Something that reminds you of difficult times your family has made it through
- Something that reminds you of a thing a family member has taught you
- Something that smells great to you
- Something that is your favorite color
- A game/activity you like to do as a family
- Something that helps you feel hope for the future
- Something/someone you love