



Printable Therapeutic Scavenger Hunt Pack

©2020 | Meehan Mental Health Services

www.meehanmentalhealth.com | meehanmentalhealth@gmail.com

Document cannot be shared without author's consent



Happy Playing!

-Ann Meehan

Tips for therapeutic Scavenger Hunts

Format:

Scavenger hunts are AMAZING and engaging for young people. They also tend to be pretty flexible for format including in office, school based, in home, and telemedicine! Some of the exercises below may be best suited for in home/telemedicine OR you can have the client gather the materials at home as part of homework and do the processing in office in session.

Goals:

Scavenger hunts are so much fun AND they need to be grounded in theory and tied to client goals! What is so great about scavenger hunts is that they lend themselves to working on so many goals and skills. A list of goals that may be worked on (but are not limited to):

- Mindfulness
- Self Esteem
- Self Talk
- Emotional Regulation Skills
- Impulse Control
- Rule Following
- Direction Taking
- Rapport Building
- Problem solving

Pro Tips:

- A timer can help a client focus (who maybe would tend to wander) – kids LOVE to beat timers!
- If you are worried about a client's ability to gather items you can assign it as homework (with parent assistance) to gather outside of session and do the processing during session OR have the parent as a "coach" to help gather during the session.
- Consider whether it is best for the client to "take you along" on a device or leave you stationary. Considerations may be internet connectivity, a client who may need extra prompting during the search, or the portability of the device.
- Connect with parents about any rules about what objects may or may not be taken – like maybe don't take your teenage siblings phone for this challenge!
- Connect with parents about the boundaries – are some rooms off limits? Can the client go outside?

Extra Challenges

- Have clients describe the objects to you out of site (of the camera or hidden in a bag or box in office) and the therapist guesses the object.
- Set a time to beat for gathering all items.
- Set a goal for number of rooms to gather from (being mindful of the number of available rooms in the house).
- A rule that objects must all be the same color.
- A rule that the object's main color must all be different.

Mindfulness

Scavenger Hunt

Select:

- 5 things you see
- 4 things that make noise
- 3 things with texture
- 2 things that smell
- 1 thing you can taste

Notice:

Sight: What are the visual features of the object and what colors are present? Are there different parts to the object and what is the size of the object? How would you describe it to a sketch artist who couldn't see it? No detail is too small! What feelings come up when you see each object?

Sound: Create the sound with each individual object. What is the pace of the sound? The rhythm? Is it consistent or chaotic? What is the volume of the sound? What feelings happen in your body when you hear the sound?

Texture: For each object notice and describe the texture, the weight, and the temperature of the object. Is the sensation enjoyable or does some other feeling come up?

Smell: For each object fully explore the smell. Is it powerful or faint? Familiar or unknown? Describe it in detail and compare the scents of each object to one another. What feelings and sensations come up with smelling each object?

Taste: Put the food or drink in your mouth slowly and mindfully. Notice and describe any tastes. Where can you taste the food on your tongue? What is the temperature and texture of the item? If applicable, chew the food slowly and notice any sensations. Is it crunchy or mushy? Is it hard or soft?

Reflect:

- How was experiencing the world through this scavenger hunt different than the way you experience or notice the world in your day to day life?
- What are the benefits of noticing the world in this way?

Gratitude

Scavenger Hunt

Select:

5-18 things you are grateful for including items you deeply appreciate and something you can be truly thankful for from the categories below:

- Something that brings you joy
- Something that you like to wear
- Something that makes you feel safe and comforted
- Something that you couldn't live without
- Something that you created
- Something that makes you laugh
- Something that feels good to eat
- Something that makes you proud of yourself
- Something that reminds you of a positive memory with your family
- Something that smells good
- Something that helps you accomplish a goal
- Something that keeps you healthy
- Something that reminds you of a positive memory like a photo, ticket, or program
- Something that has a texture that soothes you
- Something that you don't think about, but need every day
- Something that you received from someone else
- Something that reminds you of a positive memory with a friend

One object at a time, notice:

- What about this object are you thankful for?
- How would your life be different without this object in it?
- What feelings come up when I see this object?
- What thoughts come up when I look at this object?

Reflect:

- How can you keep a practice of gratitude in your life?
- Did you know that gratitude practices are linked to improvement in mood, positive changes in your brain, and releases the feel good chemicals of dopamine and serotonin?

Self Esteem

Scavenger Hunt

Select:

Select 5-10 things that describe who you are as a person and what makes you confident proud of who you are!

- Something that you can do that others may not be able to
- Something you accomplished
- Something you are proud of with school
- Something positive you do for family
- Something positive you do for friends
- Something you did that was hard but you know it was the right thing
- Something that shows how you care for others
- Something you did for school that was hard
- A talent you have
- Something that represents a characteristic you have
- Something new you tried even if it was scary
- A small success
- A large success
- Something that represents a time you did the right thing even when others were telling you not to
- A goal you are currently working on
- Something that reminds you that you are still a good person with value even if you didn't win or succeed
- Something that shows something others like about you
- Something you like that may be different than others (music, movies, video games, etc.)

One object at a time, notice:

- What memories are tied to this object?
- How does it reflect on your strengths?
- What does it say about you as a person?
- What feelings come up with you look at this object?
- Where do you feel it in your body?

Reflect:

- What objects and characteristics have the most value to you?
- What themes do you notice with all the objects you selected?

Nature

Scavenger Hunt

Select:

5-12 things you found out in nature. These items can be found in your back yard, on a nature walk, at the beach, at the park, or anywhere else there is fresh air!

- Something green
- Something longer than your foot
- Something that is hard
- An object that is bumpy
- A rock that fits in the palm of your hand
- Something from an animal
- Something that is soft
- Something that has an icky smell
- Something that is colorful
- An object that is smooth
- Something that is brown
- Something that has a good smell

Notice:

- Observe and describe each object in detail, slowly and mindfully.
- What colors, shapes, textures, and smells are present?
- How big is the object and how much does it weight?
- How does it feel when you touch it?
- Does it make any noise?
- What feelings come up when you experience each object?

Reflect:

- Do you usually notice these individual objects in nature?
- What is it like to experience these objects with all senses?
- How were these objects different from one another?
- Were any objects the same?

Emotions

Scavenger Hunt

Select:

Select one object for each emotion and add any other feeling you may like!

- | | |
|----------------------------------|------------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Excited |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Irritated |
| <input type="checkbox"/> Mad | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Calm | <input type="checkbox"/> |
| <input type="checkbox"/> Worried | <input type="checkbox"/> |
| <input type="checkbox"/> Proud | <input type="checkbox"/> |

Notice:

- What about that object creates those feelings?
- How big does that feeling feel from 0 (teeny tiny) to 10 (as big as it could be)?
- From the top of your head to the tips of your toes where do you feel those feelings in your body?
- What thoughts come up when you look at that object?

Reflect:

- Am I surrounded by more objects that create positive feelings or difficult feelings in my day?
- What objects do I want to seek out more for comfort?
- What objects do I want to make sure are in my daily routine?
- How can I tolerate the distress of being around objects that I do not like to be around?