

5 Ways to Wellbeing Scavenger Hunt

#MentalHealthAwarenessWeek

10-16 May 2021



The 5 Ways to Wellbeing are a good starting point when thinking about ways to support your own mental health.

Going on a walk outside and looking for items listed on the scavenger hunt below is a great way of taking notice and being active!

(This is great to do with the kids whilst out and about too- just make sure to tell them to be gentle and leave behind anything nature might miss.)

☐ Something smooth

☐ Something beautiful

☐ Two different types of leaves that have fallen off a tree

☐ A feather

☐ 4 different types of bird

☐ A seed

☐ A spiderweb

☐ Animal tracks

☐ A wild flower

☐ Wild mushrooms

☐ Bonus find - piece of an eggshell!
(stay well away from bird nests,
just keep your eyes peeled for
fragments of shell that have
fallen to the ground)