

# Mindful Scavenger Hunt

A **mindful scavenger hunt** is a fun and interactive activity designed to help children explore their emotions while engaging with their surroundings. Unlike a traditional scavenger hunt, which focuses on finding specific objects, a mindful version encourages kids to seek out items that evoke certain feelings—like something that makes them feel happy, calm, or proud. In a virtual scavenger hunt, children are prompted to find objects that connect to specific emotions, helping them express their thoughts and memories in a meaningful way. This activity not only sparks creativity and self-awareness but also strengthens emotional intelligence by encouraging kids to recognize, name, and share their feelings in a safe and enjoyable setting.

## Introduction to the Child

"Today, we're going to do something a little different and really fun! We'll go on a scavenger hunt around the house. But it's not just any scavenger hunt; this one will help us talk about our feelings using objects you find. You'll search for items that match different feelings I mention. There's no need to rush; just enjoy thinking about each feeling and what item you'd like to choose for it."

## Explaining the Rules

1. **Stay Safe:** Only search in areas where you're allowed, and make sure to walk, not run, to keep it safe.
2. **Take Your Time:** There's no rush. Think about each emotion and choose an item that really speaks to you.
3. **Use Your Words:** When you show me the item, tell me a little bit about why you chose it and how it relates to the feeling we're talking about.

## Conducting the Hunt

For Each Emotion (Emotion List Prompt found on next page):

1. **Prompt:** "Let's start with happiness. Find something that brings a big smile to your face."

After the child shows the item, engage in a discussion:

- "That's a wonderful choice! Can you tell me why this makes you so happy?"
  - "How does it feel when you see or hold this item?"
2. **Continue with Each Emotion**, following the same structure. Encourage the child to think deeply about their choices and express their feelings.

## Discussion and Reflection

- After the child has presented items for all the emotions, reflect on the activity:
- "I loved seeing all the items you chose and hearing about why they're special to you. Did you enjoy thinking about your feelings in this way?"
- "Was there any item that surprised you with how strongly it made you feel a certain way?"
- "Do you think you might look at these items differently now, knowing how they help you with your feelings?"

## Closing the Session

"As we wrap up today, I want you to remember that it's okay to have all these feelings, and it's great to have special items that can help us feel a bit better when we're sad or angry."

## Emotion List and Prompts Example:

1. **Happiness:** "Find something that brings a big smile to your face."
2. **Sadness:** "Choose an item that you hug when you feel sad."
3. **Calmness:** "Grab something that helps you feel calm and peaceful."
4. **Anger:** "Show me something that you can squeeze or hold to help you cool down when you're angry."
5. **Courage:** "Find something that makes you feel brave or helps you when you need to do something scary."
6. **Loneliness:** "Choose an item you turn to when you're feeling lonely or wish you had someone to play with."
7. **Pride:** "Grab something that you worked hard on and are really proud of. It can be anything that shows your effort and achievement."
8. **Worry:** "Show me an item that you fiddle with or hold when you're worried or nervous about something."
9. **Gratitude:** "Find something that reminds you of a person or a thing you're really thankful for having in your life."
10. **Surprise:** "Pick an item that was a surprise to you. Maybe it was a gift or something you found that surprised you in a good way."
11. **Confusion:** "Choose something that puzzles you or that you have questions about. It could be something you're trying to figure out how it works."
12. **Joy:** "Select an item that represents a joyful memory or something that always manages to make you laugh."
13. **Love:** "Grab an item that makes you feel loved or shows love to someone else."
14. **Jealousy:** "Show me something that you once felt jealous of but now feel differently about."
15. **Excitement:** "Find something that excites you, something you look forward to using, playing with, or doing."

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