

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



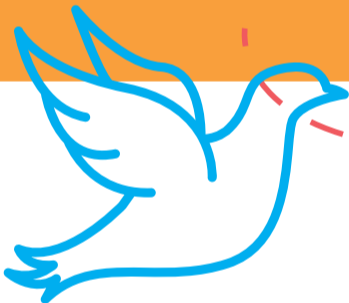
Two different types of leaves that have fallen off a tree



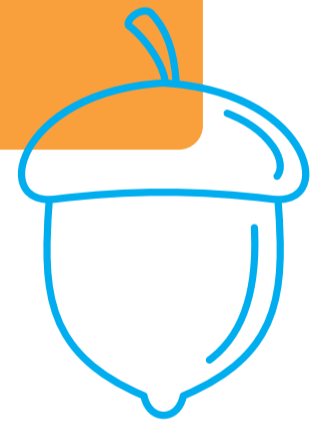
A feather



4 different types of bird



A seed



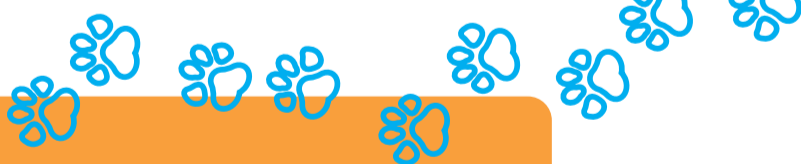
A spiderweb



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)

