

Be Active

Connect

Give

Keep
Learning

Take
Notice

Scavenger Hunt

Stage: Early Stage 1- 3

Duration: 60 minutes

Resources:

- Take Notice Scavenger Hunt Checklist resource - Early Stage 1 – Stage 3
- Take Notice Scavenger Hunt Worksheet resource - Stage 1 – Stage 3
- Pens or pencils

Learning Objectives:



Recognise and demonstrate protective behaviours that will support wellbeing.

Prior knowledge:

It is recommended that all students will have completed a prior lesson relating to the Five Ways to Wellbeing.

Warm Up 5 minutes	<p>Explain to the class that taking notice of what is around us is a form of mindfulness. Mindfulness can help us to focus on things and appreciate what is around us.</p> <p>Both these things can make our minds feel good.</p> <p>Tell the class that they will do a Scavenger Hunt to practise taking notice of things at their school. This activity is an outdoor activity, and the teacher will set the boundaries for students to explore.</p>
Activity 40 minutes	<ol style="list-style-type: none">1. Each student receives a worksheet.2. Students can work in pairs or as individuals.3. Take Notice Scavenger Hunt Checklist - students will need to tick their checklist for the items they find and report back to their teacher.4. Take Notice Scavenger Hunt Worksheet - students will need to record their individual answers in the squares provided and report back to their teacher.5. Students should be encouraged to reflect on how taking notice of new things made them feel.
Wrap Up 15 minutes	<p>Ask the students to reflect on what they learnt or how they felt during and after the activity.</p> <p>Remind the class that taking notice of what is around us can help us to feel good and calmer.</p>