













At-Home Scavenger Hunt

INSTRUCTION SHEET — To be used by facilitator

Instructions: Announce the items to be searched for one at a time. You don't need to go in order – mix it up a bit! Do not tell participants how much each item is worth. The first player/team that brings the item to you wins the points for that item – write their name under the “Who Found it First?” column. Engage the participants in the discussion ideas listed to promote a conversation about staying physically, emotionally and mentally healthy during COVID-19.

Topic	Item	Points	Who Found it First?	Discussion Ideas
Protection and hygiene	Hand soap 	3		<p>Handwashing is a simple yet effective way to prevent the spread of SARS-CoV-2, the virus that causes COVID-19.</p> <p>Q: When should you wash your hands?</p> <p>A: Hands should be washed often with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing, or sneezing. It's especially important to wash:</p> <ul style="list-style-type: none"> • Before, during and after preparing food • Before eating food • Before touching your face • After using the restroom • After leaving a public place • After blowing your nose, coughing, or sneezing • Before putting on your cloth mask • After removing your cloth mask • After changing a diaper • After caring for someone sick • After touching animals or pets, pet foods or treats <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html</p>
	Hand sanitizer 	1		<p>If soap and water are not readily available, use a hand sanitizer. Cover all surfaces of your hands and rub them together until they feel dry.</p> <p>Q: What is the minimum percentage of alcohol that a hand sanitizer must have?</p> <p>A: Use a hand sanitizer that contains at least 60% alcohol.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html</p>
	Cloth mask 	3		<p>Q: True or False – Masks are only meant to protect you.</p> <p>A: FALSE</p> <p>You could spread COVID-19 to others even if you do not feel sick. Masks are meant to protect other people in case you are infected.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html</p>
	Box of tissues 	1		<p>Q: True or False – Using a tissue eliminates the need to wash your hands with soap and water after coughing or sneezing.</p> <p>A: FALSE</p> <p>Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html</p>
Social Connectedness	Unused USPS Stamp 	5		<p>Q: When was the last time you wrote and sent a letter by mail?</p> <p>A: <i>[Different answers by participants]</i></p> <p>During times of increased social distancing, people can still maintain social connections and care for their mental health. You can practice handwriting and grammar by writing letters to family members – it is a great way to connect and limit face-to-face contact!</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/learning.html</p>
	Landline phone 	5		<p>Q: In what creative ways have you connected with others during COVID-19?</p> <p>A: <i>[Different answers by participants]</i></p> <p>Connecting with others is a healthy way to cope with stress. Different forms of contact can help you and your loved ones feel socially connected, less lonely, or isolated.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</p>

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Learning	Board Game 	3		<p>Q: What is (or was) your favorite board game? Why?</p> <p>A: <i>[Different answers by participants]</i></p> <p>Learning can be fun! Hands-on activities like puzzles, painting, drawing, and making things can help children learn – even when school is out. Independent play can be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking items.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/learning.html</p>
	Book 			<p>Q: What was the last book you read for fun? What was it about?</p> <p>A: <i>[Different answers by participants]</i></p> <p>Sharing books and talking with children is a way in which parents can support their child's healthy development.</p> <p>https://www.cdc.gov/ncbddd/childdevelopment/facts.html</p>
Physical Activity	Baseball 	4		<p>Q: How can children and youth stay safe while playing team sports?</p> <p>A: It is possible to keep young athletes safe:</p> <ul style="list-style-type: none"> • Reduce physical closeness between players when possible • Minimize sharing of equipment or gear • Limit travel outside of your area • Identify small groups and keep them together • Practice social distancing and use cloth masks, when appropriate <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/youth-sports.htm</p>
	Tennis shoes or sneakers 	2		<p>Q: What are your plans to be physically active tomorrow?</p> <p>A: <i>[Different answers by participants]</i></p> <p>Play outdoors – it's great for physical and mental health. Take a walk with your family or go on a bike ride. Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to stay healthy and focused.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html</p>
Nutrition	Drinking water 	2		<p>Q: Can you get COVID-19 from drinking water?</p> <p>A: There is no evidence showing anyone has gotten COVID-19 through drinking tap or bottled water, or from recreational water, or wastewater. The risk of COVID-19 transmission through water is expected to be low.</p> <p>Getting enough water every day is important for your health. Carry a water bottle for easy access. Choose water instead of sugar-sweetened beverages. Generally, you will save money, reduce calories, and support your health and teeth.</p> <p>https://www.cdc.gov/healthywater/drinking/nutrition/index.html</p> <p>https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html</p>
	Apple 	4		<p>Q: True or False – Taking care of your body, including good nutrition, is important during COVID-19.</p> <p>A: TRUE</p> <p>To help cope with stress that may be related to the pandemic, take care of your body, including by eating nutritious food, as part of self-care. Getting the right amount of nutritious food like plenty of fruits and vegetables, lean protein, and whole grains, and staying hydrated is important for health.</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/food-and-COVID-19.html</p>

PLAYER	POINTS	TOTAL
Sample Name	1 + 2 + 3	6

Visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html> to find more tools to help you support children and young people's social, emotional and mental wellbeing during COVID-19 and beyond.