

## Healthy Relationships and Problem Solving



**Say to Teen:** The best sign of a healthy relationship is no sign of it on social media. In this activity, you will be challenged on finding a list of items within in your home and/or space. Do you remember where things are?

### Scavenger Hunt

#### **Materials:**

- List of scavenger hunt items (this will have to be created by the facilitator beforehand, facilitator will have to snoop around the house and/or space to add items onto the list)
- Camera (phone, Ipad, etc)
- Pencil

#### **Instruction:**

- Depending on the size of your family and/or friends, split up equally into two or more teams. If few people, then everyone can be by themselves.
- Facilitator explains to individuals and/or teams that they will be given a scavenger hunt list and their objective is to find all the items on the list within 30 minutes
- Individuals and/or teams are to compete with one another to see who can find and check off the items the fastest
- Individuals and/or teams must get a picture of each item they find on the list, so facilitator can check off their item after they found all or what they can by the 30 minute timeframe

**Reflection:** Explain to teen(s) that this activity is to promote teamwork and communication among team members. Ask about how teams worked together and/or problem solved when they were trying to find items. Was there any plan to go about the scavenger hunt? Group members could have discuss how they wanted to find the items on the scavenger hunt list whether if it be doing it together and/or divide and conquer.

