

Scavenger Hunt

Purpose of Activity:

1. To further expand participants' ability to identify healthy behaviors.

Materials needed:

- Computers with Internet access
- Printer
- Paper for participants to write down their scavenger finds

Instructions:

1. Tell kids they're going to have a scavenger hunt. Each person needs to find two new pieces of information that relate to healthy behaviors. One piece of information must relate to healthy foods. The other can relate to anything about good health or healthy lifestyles. Participants need to write down (or draw) their two finds and then share them with the group. The Internet will be their primary source for the information. Another good resource for this activity could be any information you have about your tribe's traditional foods.
2. Give kids access to computers to do their searches. Put copies of suggested websites next to each computer for easy reference. Some suggested sites are listed on the opposite page, but you may know other good sites as well. Depending on how much time remains in this Club session, participants might not be able to complete their research and share their findings before you break for the day. In that event, let them stay after the session, do doing Power Hour, or come in early for the next session, and discuss their findings next time you get together.
3. Some of the information they share with the group will probably overlap with what their peers also found. That's fine. As kids share each of their findings, ask them to explain why that food or activity contributes to the "Whole Healthy Person." If possible, put all the scavenger hunt findings on a big tag board. Keep it displayed for the remainder of the Club sessions.