

Team Building Activity

Gratitude Scavenger Hunt

Focus Area: Well-being Activity

Description: The Gratitude Scavenger Hunt is an easy activity for all that helps increase your [cognitive health](#). Participants can work individually or as a team to complete the scavenger hunt.

Length of Activity: The length of this activity will depend on how you structure it, but it can be shortened as desired.

In-person or Virtual: This activity can be conducted virtually or in-person.

Materials Needed:

- [Gratitude Scavenger Hunt](#), printed copies (if in-person)
- Prize(s) (optional)

Ways to Play:

There are several ways you can structure this Gratitude Scavenger Hunt to determine winner(s).

- Virtual or in-person – If facilitating this activity virtually, determine how to share the Gratitude Scavenger Hunt. For example, sharing your screen, sharing the activity ahead of time or in the meeting chat.
- One-on-one or team vs. team – Participants can work individually or as a team to complete the Gratitude Scavenger Hunt. Teams work best in-person.





- First to complete or random drawing from participants – There are several ways you can determine individual or team winner(s) for this activity, such as:
 - Sharing the Gratitude Scavenger Hunt, and the first participant or team to complete it wins.
 - Allotting participants a certain amount of time to complete the Gratitude Scavenger Hunt, and then holding a prize drawing from the participants who completed it.

Directions:

1. Share the activity (including materials needed, if any) and how you'll be playing.
2. At the end, award your winner(s) and prizes, if applicable.