

"Focus"

Let's Go on a Scavenger Hunt

How To:

Make a neighborhood walk more interesting by seeking out specific objects in the environment. Watch the 2:36 minute narrated [Scavenger Hunt video](#) to preview environmental features and items in nature you can look for on your walk. The video reminds you to bring along any tools you may need like your white cane, a monocular, sunglasses, a hat, or sunscreen. Also, it shows pictures, shows texts, and verbally states each object you may see outside. If you like to follow a list, a Scavenger Hunt worksheet is available below or you can make your own! I wonder what you will see on your walk today!

O&M Skill Areas Addressed:

- Scanning the environment
- Travel on uneven surfaces and up/down curbs
- Identify visual landmarks and environmental features
- Use white cane and/or human guide technique

Make Your Own:

- Build your own scavenger hunt with pictures from any location.
 - Print them out and create a book.
 - Upload them into PowerPoint, google slides, or book creator to play on a device in presentation mode.
- Create and use as a social story before going to a new park, museum, store, or restaurant.

Please note: These Web links are being offered only as informational resources.
It is not our intention to endorse or recommend the sites.

Scavenger Hunt (continued)

Modification suggestions:

- Print out the [Scavenger Hunt worksheet](#) to use for your walk.
- Make a list together of things you may see on your walk. Check it off when you find it.
- Take pictures on the walk of items not on the list to create a new scavenger hunt.

Considerations:

- What other tools or supplies may you need on your scavenger hunt walk? (ex: umbrella, warm boots, gloves, water, snack)
- Consider how the environment changes by the season. Take the opportunity to revisit the activity throughout the year and observe variations and additions to the list of possible environmental features. Where are the puddles on a rainy day? Are the crosswalks accessible after a snowstorm? Are trashcans littering the sidewalks on garbage day?

Links and Resources:

- Scavenger Hunt video: <https://tinyurl.com/CCBScavengerHuntvideo>
- Scavenger Hunt worksheet: <https://tinyurl.com/ScavengerHuntWorksheet>

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Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/recreation.html>

<https://www.focusonvisionandvisionloss.org/orientation--mobility.html>

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