Healthy Habits Scavenger Hunt

Focus Area: **Well-Being**

Objective: Have fun at home with this Healthy Habits Scavenger Hunt. Can you "collect" all them all?!

Length of Challenge: One week (can be shortened or extended)

Materials Needed:

- ☐ Healthy Habits Scavenger Hunt List
- ☐ Prizes (optional)

Directions:

1. Take a photo, selfie or screenshot for each item listed.

    a. Each photo is worth two points (total of 40 points possible).

2. Check off each item as you collect the photo.

3. Submit your Scavenger Hunt checklist and photos (with Photo Release Form if applicable) by the end of the day on < insert date > .

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.

Getting Started:

1. Decide when your "Healthy Habits Scavenger Hunt" will run.

2. Determine if and how winners will be rewarded.
   Remember: Challenge rewards do not have to be tangible. Announcing the "Healthy Habits Scavenger Hunt" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!

3. Announce the challenge to employees and share the following. (This can be done via email, e-newsletter, department intranet and/or fliers.)

   o Date(s) when the challenge will begin and end.

   o Instructions for how to play the "Healthy Habits Scavenger Hunt".

   o Details about how to submit participation and how winner(s) will be rewarded.

4. Print or attach the "Healthy Habits Scavenger Hunt List" to an email and distribute it to all participants.

5. If the challenge is occurring over several days, consider sending employees a friendly email reminding them to engage in the challenge. Your communication might include additional info related to the challenge, such as mental health facts, self-care tips and tricks, inspirational quotes and/or participant photos. (Request 'Sample Emails' from your Regional Wellness Coordinator.)

6. As the challenge comes to an end, send a reminder to employees to participate and announce the winner(s)!