



Activity: Photo Scavenger Hunt

Objective

Family photo scavenger hunts are perfect for getting everyone involved and creating new memories, all while honoring and remembering together. The prompts provided on the associated handout are aimed at encouraging storytelling, connecting, and moments of joy. Feel free to adapt the prompts as needed for your family's size, ages, and location. Bonus points for creativity. Often, individuals, especially kids, who are grieving share that they wonder if it is ok to feel joy and have fun in the midst of their grief. They wonder if people will think they are no longer grieving or that they did not really love the person who died. Families who grieve together, grow together. Creating intentional, regular opportunities for connection and creativity can be incredibly beneficial in remembering to hold space for both joy AND grief.

Instructions

1. **Set the tone:** Gather the family and share the activity objective.
2. **Go at your own pace:** Take your time. Share stories, thoughts, and feelings as they come up. Take breaks as needed.
3. **Take photos:** Be creative. Allow each person to share ideas on how to capture the prompt. Multiple photos can be taken to represent prompts as needed.



Supplies

- Photo Scavenger Hunt handout
- Camera (any type: compact, digital, polaroid, smartphone)

Additional ideas

Once your family has completed the photo scavenger hunt, consider creating a digital photo book or sending your photos to print and display in an album or in a collage frame. You can share the photo collection with friends and family and recount the memories made together.

Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!

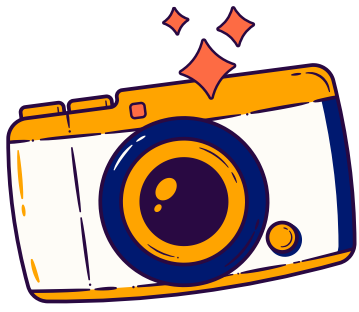


Photo Scavenger Hunt

- **Laughter is the Best Medicine:** The funniest thing you can find.
- **Small But Mighty:** A seed or bud to represent growth and new beginnings.
- **Rock Stars:** Your family playing in a pretend band.
- **Remember, Together:** Something that reminds you of your person who died.
- **Rise Above:** A family member posing as if they are flying.
- **The Art of Distraction:** Something shiny.
- **Inner Peace:** Your family practicing a yoga pose.
- **Forever in Our Hearts:** Something in nature shaped like a heart.
- **Out of the Darkness:** Family posing with flashlights or candles.
- **Practice Makes Perfect:** Family members practicing a coping skill.
- **Lean on Me:** Two family members leaning on one another.
- **Busting at the Seams:** Family crammed into a small space.
- **Pay it Forward:** A family member showing kindness to someone.
- **Remember Your Roots:** Family posing like trees or under a tree.
- **You are Beautiful:** Family reflection in a window, pond, etc. (get creative)
- **Stop and Smell the Roses:** A family member smelling a flower.
- **Appreciate the Past:** Your family's shadow.
- **It's OK to Laugh:** Your family posing like zoo animals or silly faces.