

“The Search”

an Experiential Veteran’s Day Scavenger Hunt presented by Jenn Pipe & Self Esteem Through Art

*You have signed up for a special **experiential event** today. You are going to be collecting your tribe -- the people that are joining in this day with you -- and setting off on a very special journey. This scavenger hunt has a twist; you will be searching for and gathering **experiences**, as opposed to **specific objects**. Because this is a “Self Esteem Through Art” event, there will be some sporadic messages of **value & esteem** woven in. During some parts of this Scavenger Hunt, you will actually be placing things in the community for others to find. This “hunt” will foster feelings of thankfulness, kindness, happiness, and **togetherness**. You will be taking part in a one-of-a-kind occurrence, which will be largely by your design, and each participant will be heartened in different ways. This journey is designed to give you the opportunity to bond, to discuss, to share, to **laugh**, and to infuse your family (and your community) with **light and love**.*

*A detailed checklist accompanies this introduction letter and it is intended to guide you along your **special journey**. The list is a guide, but how you choose to go about the list is entirely up to you. All participants will receive suggestions for “upping the memory factor,” as well as how to get the most out of this event and the time spent with your loved ones.*

*Enjoy yourselves, and go off and make some **wonderful memories**! I can’t wait to hear all about your search!*

Kindest regards,

Jenn

Hunting, Gathering, and Giving:

There are no rules to this scavenger hunt: you can go at your own pace, “find” the items out of order if you wish, and skip around a bit – but *please commit to finishing.*

Here are some hints for “upping the memory factor”:

- ✓ **Bring a camera.** There will be many opportunities to take photos. Photos tell stories. If you are sharing this event with children, engage their help in taking pictures – they love to be involved.
- ✓ **Bring a notebook or journal.** It will be good to have on hand. If you are really creative, you could ask your kids or the members of your group to create a scrapbook or journal that chronicles your day’s events.
- ✓ **Take time to talk and explain.** As you go through this hunt, there will be opportunities to discuss many things with your tribe: like random acts of kindness, love, bullying, the military, and nature. Capitalize on those moments. Share. Listen. This is a chance to expose your children to your family’s values in a fun and light-hearted way. It is an opportunity to hear other viewpoints. It is an opportunity to take your eyes off that tiny little screen that is always in front of your face and really look in each other’s eyes and into each other’s hearts.
- ✓ **Add a couple of your own ideas at the end.** I will be sharing the best ideas on my blog and offering a “prize” to the family that has the most creative, heartfelt idea.

Ready, Set, Go!

- **Name 5 activities that make you happy. Go do one of them.**

Is coloring your thing? Jumping rope? Having a puppet show?

(Up the Fun Factor: let each person pick an activity. But, set some ground-rules such as "it has to be a free activity")

- **Go find a swingset. Swing and giggle for at least a few minutes.**

(Up the Fun Factor: get a photo of everyone swinging – hair blowing in the wind, feet heading towards the sky...)

- **What are 5 things you are thankful for? Write them down.**

Make sure everyone has a chance to weigh in.

- **Go out in your community and put the "Take What You Need" flyer (included in your packet) in a public place.** Tape it to a bulletin board. Put it in a bathroom stall. Nail it to a telephone pole. Be creative and you are guaranteed to put smiles on many faces. *(Up the Fun Factor: make your own flyer as well)*

- **Today is Veteran's Day. Search for someone who has served or is currently serving in the military and thank them for their service.**

- **Talk about who your favorite role model is...and why.**

- **Do something nice for your body.** Suggestions: take a walk, do some jumping jacks, do a funky dance, play a few games on the Wii, try a few yoga poses, meditate, practice good posture.

- **Give someone you do not know a genuine face-to-face compliment.**

What was it? What was their reaction?

- **Perform a random act of kindness in your community.** *(Up the Fun Factor: talk about what random acts of kindness mean to you and how you can incorporate more of them into your daily lives)*

- **Clip a headline about a woman doing amazing things in math, science, sports, business, politics.** Save it. If you have daughters, encourage them to be bold and do amazing things. *(Suggestion: Take note of how difficult this item is to complete – and then ponder + discuss why.)*

- **Appreciate nature.** Some suggestions: collect some leaves, identify shapes in the clouds, listen to the birds.

- **Search for heart-shaped things.** How many can you find? Some ideas: rocks, clouds. (Up the Fun Factor: make your own heart-shaped thing)

- **Blow bubbles.** Blowing bubbles is just plain fun! (*Up the Fun Factor: take pictures of the bubbles; try to pop as many as you can*)

- **Spend some time telling silly stories.** Someone could start with “Once upon a time...” and then each person takes a turn adding a piece of the story.

- **Spread some smiles.** You have been given a bag full of “smiles.” Go share them with the people you come across today. *Suggestions: give the checkout person at the grocery store a smile; give a neighbor a smile; give an elderly person a smile.*



Bonus Challenge for Families Living in Franklin:

If you can be the first family to locate the tribute to the armed forces, which is located in the town of Franklin, you will win a prize. Call me once you find it, and if you are the first person to ring in + tell me where it is, you can come to my house and claim your prize.

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