International FASD Awareness Month

Scavenger Hunt Checklist – Find these items and take a picture

◯ Tall Tree (Strength)



Find a part of a tall tree; Bark, Leaf, or Branch. Or take a picture of you hugging the tallest tree you can find.

▪ Individuals with FASD have many strengths. Those with FASD are known to be helpful, kind- hearted, artistic, and successful with hands-on, visual, and physical activities.

◯ Rock (Gratitude)



Find a rock that you can hold in your hand. Hold it and say three things you are grateful for. You can keep this up and do it every night before bed.

▪ Positivity around FASD is important. Focus on the needs of the individual and their caregivers, so they can see that someone cares, and understands.

◯ Pine Cone (Environment)



Find a pine cone. Look at the different sizes and shapes. Be aware of how it feels.

▪ Changes to the brain during development can cause individuals with FASD to be oversensitive or undersensitive to their environment like sounds, smells, lights, textures or spaces.

◯ Flower (Health and Food)



Find a flower that either animals or humans use as medicine or food. Plants have needs in order to grow.

▪ Individuals with FASD need supportive and positive environments to meet their unique social, emotional, and educational needs.

◯ Water (Fuel of Life)



All living things need water to survive. Find a source of water outside.

▪ There is no safe amount of alcohol to drink while someone is pregnant. Support pregnant people by not drinking around them or by encouraging them not to drink alcohol.

◯ Bird/Animal (Community)

Find a sign of an animal or an animal itself. How is it part of a community?



▪ Individuals with FASD need a caring community with supports and a sense of belonging. Learning about and being a part of the Culture and Ceremonies is important in developing that connection.

◯ Garbage (Barriers)

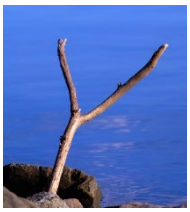
Find a piece of garbage, pick it up and put it in recycling bin or a trash bin.



▪ The future for children with FASD can be difficult. By removing barriers we can support them by making their goals attainable, and supporting their development.

◯ Forked stick (Teachings)

Find a forked stick. A path that branches in two directions.



▪ Culture is important for individuals with FASD. They need to know they belong. This connection can foster interests that and provide a positive path and help them to be successful.

◯ Foot prints (Journey)

Find some foot prints, either by an animal or a human. Where were they traveling to?



▪ FASD is a lifelong disability, which can be a difficult journey for these individuals and their caregivers. Find a way to support others in their journey.

HAVE FUN AND MAKE CONNECTIONS

Send your photos to FASD@anishinabek.ca to be entered into the draw.

Entry must be submitted by September 30, 2026 to be eligible for the draw.