

# PARENT TIPSHEET: Indoor Walking Route for Out-patient Families



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This route was designed for Out-patient families to take a walk around the hospital for some exercise and a break. This route incorporates a scavenger hunt with activities if caregivers are doing this route with their children. If you are doing the scavenger hunt, you may want to bring a writing utensil

1. Start on the first floor in front of main reception
  2. Walk towards the Atrium
    - a. Can you spot the herons (birds) in the Atrium? How many are there? \_\_\_\_\_
  3. Visit the Family Resource Centre! Here you can loan a book with a library card, get resources, or use our quiet area for relaxation.
  4. Once done in the Resource Centre, turn left, then left again down the hallway by main reception.
  5. Find the Ronald McDonald Playroom
    - a. Play the eye spy located next to the Playroom
  6. In this area you can also view the swimming pool
    - a. There are currently \_\_\_\_\_ people swimming.
  7. Continuing walking down this hallway
    - a. Can you find the snakes and ladders board?
  8. Walk all the way back down the hallway and turn right at the elevators and enter the cafeteria
    - a. If you wish, you can get a treat from Tim Hortons for the journey
    - b. If the weather permits, you can walk outside in Spiral Garden. The exit to Spiral Garden is in the eating area of the cafeteria.
  9. Take the elevators or stairs up to the 2<sup>nd</sup> floor
  10. Start by the rear side of the elevators on the second floor
    - a. Can you spot the dolls on swings?
  11. Turn left and walk all the way down the hall. This is a dead end but take a moment to look out the window. Note down a few things you see:
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12. Walk back towards the elevators and to the East side of the building behind the elevators.
  - a. ScreenPlay 2.0 is interactive electronic technology on the 2<sup>nd</sup> floor waiting area. Roll or step on the carpeted sensors on the floor to change the pictures on the screen.
13. Continue walking past the dental services all the way to the Kindercircle Day Care
14. Turn around back down the hallway
  - a. Somewhere down this hallway there is a compressed air filling station. Can you find it? This is where you can fill wheelchair tires if they get low.
  - b. When you reach the main waiting area, count the seahorses on the fish tank. I found \_\_\_\_\_ seahorses!

This concludes our walking route!