

SEL SCAVENGER HUNT



Check off as many items from the list below!

Find something that makes you...

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Smile | <input type="checkbox"/> Feel confused |
| <input type="checkbox"/> Feel safe | <input type="checkbox"/> Feel curious |
| <input type="checkbox"/> Feel strong | <input type="checkbox"/> Feel inspired |
| <input type="checkbox"/> Feel hopeful | <input type="checkbox"/> Feel calm |

Check off each of your Emogers as you use them!

- | | |
|---|---|
| <input type="checkbox"/> Breathe 5 Times | <input type="checkbox"/> Meet in the Middle |
| <input type="checkbox"/> Count to 10 | <input type="checkbox"/> Put Yourself in Someone Else's Shoes |
| <input type="checkbox"/> Smile, Hug, or Fist Bump | <input type="checkbox"/> Active Listening |
| <input type="checkbox"/> Walk Away Quietly | <input type="checkbox"/> Look for Help |
| <input type="checkbox"/> Drink a Glass of Water | <input type="checkbox"/> Tighten and Release |

Bonus Round!

Find someone you can smile at.
Ask someone around you how they are feeling today.
Make a thank you card for someone.
Find a way to make someone in your house smile.