

SEL SCAVENGER HUNT



Check off as many items from the list below!

Find something that makes you...

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Feel proud | | <input type="checkbox"/> Feel confused | |
| <input type="checkbox"/> Feel interested | | <input type="checkbox"/> Feel inspired | |
| <input type="checkbox"/> Feel relaxed | | <input type="checkbox"/> Feel kooky | |

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 | |