

# 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.