



# Social Emotional Learning Scavenger Hunt



\_\_\_\_ Write a **compliment** about *yourself*. Put it on a mirror in your house.

\_\_\_\_ Tell someone THANK YOU for something they have done for you recently.

\_\_\_\_ Eat a **healthy** meal or snack. Stay hydrated!

\_\_\_\_ Create a small goal for the day, and then go make it **happen!!**

\_\_\_\_ Post a "THANK YOU" sign on your door for your mail carrier and/or delivery person.

\_\_\_\_ Write kind messages for your family members. Post them in different places around the house to remind everyone that they are *special!* ❤️

\_\_\_\_ SHARE how you are **feeling** with a family member.

\_\_\_\_ Draw your favorite place that brings you lots of *positive* feelings. ☀️

What does it look like? Sound like? Smell like? Feel like?

\_\_\_\_ Get **ORGANIZED!** Write out a schedule for your day. Make sure to include breaks!

\_\_\_\_ Go outside and count how many things that are **red**.

\_\_\_\_ Make a list of **10** ways you can show RESPECT 😊 at home and with your school work.

\_\_\_\_ Write down the names of *three* people you can go to when you need *help* with something.

