

FEELINGS SCAVENGER HUNT



For Self-Awareness at Home

- ☐ Something that makes you feel happy.
- ☐ Something that you are proud of.
- ☐ Something you like to do when feeling silly.
- ☐ Something that reminds you of a favorite memory or vacation.
- ☐ Something that reminds you of someone who makes you feel loved.
- ☐ Something you do or use to calm down.
- ☐ Something that tells you about a time you were brave.
- ☐ Something or someone that you feel grateful for.
- ☐ Something you made for someone to make them feel special.