

Emotions Scavenger Hunt

Name: _____

It's important to be aware of how we're feeling and the things that can influence our emotions. On your own, or with an adult, find the following items on our emotions scavenger hunt!

Something that makes you happy

Something that you're proud of

Something that makes you laugh

Something that holds a special memory

Something that you do to feel better when you're sad or angry

Something that makes you feel safe

Something that reminds you of a time you were scared or sad

Something that reminds of you a time you were surprised

Something that makes you feel loved

Something that makes you feel silly

