



Scavenger

Hunt



Emotions

Angry

Nervous

Happy

Silly

Sad

Calm

Excited

Frustrated

Scared

Joyful

Proud

Worried

Chill

Exhausted

Irritated

Find an item that or symbol of something that makes you feel or reminds you of each emotion!



With each object, ask yourself:



- What about this object makes me feel this emotion?
- One a scale of tiny to large, how much do I feel this emotion?
- What thoughts do I have when I think about this item?
- Where do I feel this emotion in my body?



Successful Families Successful Kids

