

Virtual FEELINGS SCAVENGER HUNT

Self-Awareness Edition



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 someone who makes you feel loved



Something you do or use to calm down when feeling mad



Something that tells about a time you were brave



Something or someone that you feel grateful for



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Virtual FEELINGS SCAVENGER HUNT



Social Awareness Edition



Something you can do or say to show friendly feelings



Something that would make a teacher, friend, or family member feel happy



Something you can do or say that would make others feel silly and laugh



Something to show something you've done or said to make friends or family feel loved



Something you've seen others do or use to calm down when feeling mad



Something you can share that will make someone else feel curious



Something you can say or do when you see others feeling sad



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