Calming

Scavenger Hunt

How many can you complete?

⃝ Wear your headphones and clean your room while listening to your favorite tunes.

⃝ Snuggle in a cozy blanket and watch a movie

⃝ Sleep with a soft stuffie

⃝Fall asleep listening to spa music

⃝ Learn some new jokes and tell them to someone

⃝ Color with markers

⃝ Cook a new recipe with a grown up

⃝ Learn and try progressive muscle relaxation

⃝ Reach your arms up to the sky, hold while counting to 15, release

⃝ Try a new hobby

⃝ Make shapes with play doh

⃝ Stretch all of your muscles

⃝Talk to a pet or stuffie

⃝ Take a bubble bath

⃝ Go for a nature walk

⃝ See how long you can balance on one leg. Time it and then try to beat it

⃝ Read a book in bed

⃝ Day dream in the dark

⃝ Make a list of things or people that make you feel grateful

Adapted from The Counselor Teacher Brandy