

# Virtual FEELINGS SCAVENGER HUNT



## Introduction

Thank you for downloading this free resource! I feel hopeful that it will help you in nurturing your students' social and emotional learning.

You may use this resource freely with your students. Allow them to be creative in what they do to "find" these different items. Some students may want to type in the virtual chat box, others may want to show you with their facial expressions and gestures, and others may want to show objects and pictures through the screen. Have fun!

Also, please note that the prompts provided are generally low-stake. Nonetheless, to allow you to adjust prompts to the needs of your students using a trauma-sensitive and individualized approach, the last page allows you to create your own version. Thank you for cultivating the emotional intelligence of the youth in your care!

**If you love this resource, and want to receive more free content and updates from me, and you aren't already on my mailing list, make sure to subscribe to Constant Love and Learning by [CLICKING HERE](#) and [grabbing my Free Feeling Reflection guide](#).**

**If you would like to share this with a colleague, please encourage them to head to my [Coping Tools Hub HERE](#), grab their own copy, and explore my website to see if they want to subscribe and get more free content from me.**

If you ever have other ideas for resources you'd like me to design for you and your students' well-being, you can also email me at [katie@constantloveandlearning.com](mailto:katie@constantloveandlearning.com).

[www.constantloveandlearning.com](http://www.constantloveandlearning.com)



# 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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*Virtual* FEELINGS  
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*Create Your Own*


