

Social and Emotional Learning

Outdoor Scavenger Hunt

Focus your mind and your senses on what is happening outside...

Cross out the boxes when you have found the item or completed the task:

Happy hunting!
Love Twiggle x



	<p>Look for something that makes you smile</p>		<p>Find something that feels hard and UNCOMFORTABLE to touch</p>		<p>Watch the clouds, look for shapes and take 3 deep breaths</p>
	<p>Find something that feels soft and COMFORTABLE to touch</p>		<p>Smell something fresh - how do you feel?</p>		<p>Can you find something to recycle?</p>
	<p>Smell something stinky – how do you feel now?</p>	<p>Henrietta the Hedgehog</p>	<p>Find a place you think Henrietta would like to live</p>		<p>Find something you would share with a friend</p>
<p>Daphne the Duck</p>	<p>Listen for the sound of a bird</p>	<p>Duke the Dog</p>	<p>Can you find a stick that Duke would like to play with?</p>		<p>Find an animal – no matter how small!</p>

