

# Virtual FEELINGS SCAVENGER HUNT



## Introduction

Thank you for downloading this free resource! Inspired by my own children's love for scavenger hunts and the need to support my students with something creative and interactive during distance learning and teletherapy, the Virtual Feelings Scavenger Hunt was born.

When you use this resource 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.

I feel hopeful that this resource will help you in nurturing your students' social and emotional learning in a super fun way! Thanks for cultivating the emotional intelligence and resilience of the kids in your care!

## ABOUT CONSTANT LOVE AND LEARNING

Katie Raheer, PhD, PPS, is a teacher turned School Psychologist and educational consultant/coach/entrepreneur, as well as a well-being warrior, Kimochis® Certified Trainer, and lover of learning. She started Constant Love and Learning to bring more positive feelings to schools through educator well-being, social and emotional learning, and other effective educational practices and systems. If you have other ideas for resources you'd like to nurture the well-being of you and your students, you can connect via [katie@constantloveandlearning.com](mailto:katie@constantloveandlearning.com).  
[www.constantloveandlearning.com](http://www.constantloveandlearning.com)



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# Virtual FEELINGS SCAVENGER HUNT



Legal Stuff

## GRAPHICS CREDITS

As a Kimochis® Certified Trainer, I am grateful to be able to use these graphics. To learn more about Kimochis®, which means "feelings" in Japanese, and to grab their free and paid resources



## TERMS OF USE

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# 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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