

Social and Emotional Learning

Indoor Scavenger Hunt

Can you focus your mind on the inside; look and find!

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

Happy hunting!
Love Twiggle x



	<p>Listen – can you hear a clock? Can you see one? What time is it?</p>		<p>Find something that feels hard and UNCOMFORTABLE to touch</p>		<p>Are there any books or magazines at home? How many can you find?</p>
	<p>Find something that feels soft and COMFORTABLE to touch</p>		<p>Find a mug and pretend you have hot chocolate in it; take a long sniff then blow to cool it down</p>		<p>Find a pair of sunglasses</p>
	<p>Find something living – give a hug!</p>		<p>Find somewhere quiet and take 5 minutes to yourself!</p>		<p>Find or take a picture of people you love</p>
	<p>Cuddle your favourite teddy – how do you feel?</p>		<p>Can you find some blocks or something to build a tower?</p>		<p>Find 3 things that are yellow</p>