



Emotions Scavenger Hunt

Every day we experience different emotions and are learning how to deal with them, let's see how many emotions you are experiencing today!

(Always remember that if you are experiencing negative emotions it is great to talk to those you trust or to practice mindfulness activities to calm down and get you in a positive mood!

Examples of mindfulness activities include: measured breathing, yoga journaling, coloring, and more!)

Today I felt...

- Happy
- Sad
- Hopeful
- Annoyed
- Embarrassed
- Surprised
- Shy
- Worried
- Proud
- Angry