

UPLIFTING SCAVENGER HUNT

Instead of giving kids a list of specific items to seek out, give them this list of descriptions:

- something to cheer you up
- something to wake you up
- something to lift you up
- something to fill you up
- something to calm you down
- something to let you down
- something to wind you down
- something to slow you down

Have the scavenger hunt indoors or outdoors. Then have kids talk about the items they found and why they chose them.