

Feelings Scavenger Hunt

Get ready to explore all your feelings with the Feelings Scavenger Hunt! Look around and find something that makes you feel each emotion. You can draw a picture or write about what you find in the space below. Take your time and notice the little things. There are no right or wrong answers; every feeling you experience is important and unique to you.

Something that makes
you smile

Something that makes
you feel calm

Something that makes
you feel excited

Something that makes
you feel proud

Something that makes
you safe and cared for

Something that makes
you unsure or nervous

Something that makes
you feel sad

Something that makes
you feel angry

Something that makes
you confident

Time yourself to see how long you can complete this scavenger hunt and write your time below:

____ : ____

