

# SEL SCAVENGER HUNT~ GRADES K-5

For the week of March 23-27, select 3 items to do each day. Place a check in the box when you complete it. Share the love by sending a picture or video of yourself doing this to Mrs. Badillo at [SBADILLO@CLARKSCHOOLS.ORG](mailto:SBADILLO@CLARKSCHOOLS.ORG) . Parent(s) or guardian(s) should submit the picture or video. Prizes will be awarded and announced at the end of the week - STAY TUNED!

Check Box	Challenge
	Give a KIND compliment to a family member
	Ask someone how they are and listen to their response (practice listening and repeat back how they are)
	Write a compliment about yourself
	Take a moment and have a belly laugh (get your family involved)
	Talk, write, or draw about a time you showed or received empathy
	Play Red Light, Green Lights, 1-2-3 to practice self-control
	List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste
	What is the BEST part of Remote Learning? Talk a selfie (or a short video) of you and your response.
	Take a picture of what you feel represents Compassion or draw what Compassion means to you
	Take a break from Remote learning and do 10 squats, 10 push-ups, 15 jumping jacks
	Go for a walk with an adult (even if its in your backyard) without using a digital device. Find 10 things that start with a "M"
	Call a friend and tell them something that you appreciate about them
	Mindful coloring: Without speaking color for 10 minutes and be in the moment or draw a picture
	Talk about a time you felt happy and a time you felt sad with a parent
	Make a list of 10 things you are grateful for