

## Emotions Scavenger Hunt Checklist

Emotions Scavenger Hunt is a great way to build emotional awareness, whole body listening, perspective-taking, and social skills. Before you start your scavenger hunt, make sure you understand all the feelings words. It's fun to act them out first, sort of like charades. The goal is to spot all the emojis on the checklist as you possibly can and have fun!



Sleepy



Confused



Silly



Happy



Sad



Furious



Surprised



Angry



Embarrassed



Loving



Bored



Sick



Scared



Amused



Friendly



Frustrated

### Stay at Home

Using the emotions scavenger hunt checklist, each family member chooses one of the emotions. You could also cut out the feelings, fold in half, and put in a jar. Over the next hour, everyone playing the game should pretend to have that **emotion**. When players notice, they check off that feeling on their list. Once someone guesses a feeling, the other player should pick another feeling to guess. Continue until all the feelings have been acted out and guessed.

### Outdoors

Choose a good place to observe a variety of people outside in your community. Make sure that it is not too busy or active as that may be overwhelming. See who can find someone that matches the emotions on the checklist and cross off the list. Extend the game by coming up with a fictional story that fit with your observations. Maybe that older woman talking to a younger man is visiting her son. She just came back from a trip and she is telling him all about her travels. Or those two giggling teenagers are happy because they just became members of a super-hero club. You can be as silly or elaborate as you want. You can play in teams or pair up in groups and compare your observations.



Did anyone look bored? \_\_\_\_\_  
 What clues told you they were bored? \_\_\_\_\_  
 \_\_\_\_\_  
 Tell about a time when you felt bored. \_\_\_\_\_  
 \_\_\_\_\_



Amused

Did anyone look amused? \_\_\_\_\_  
 What clues told you they were amused? \_\_\_\_\_  
 \_\_\_\_\_  
 Tell about a time when you felt amused. \_\_\_\_\_  
 \_\_\_\_\_