

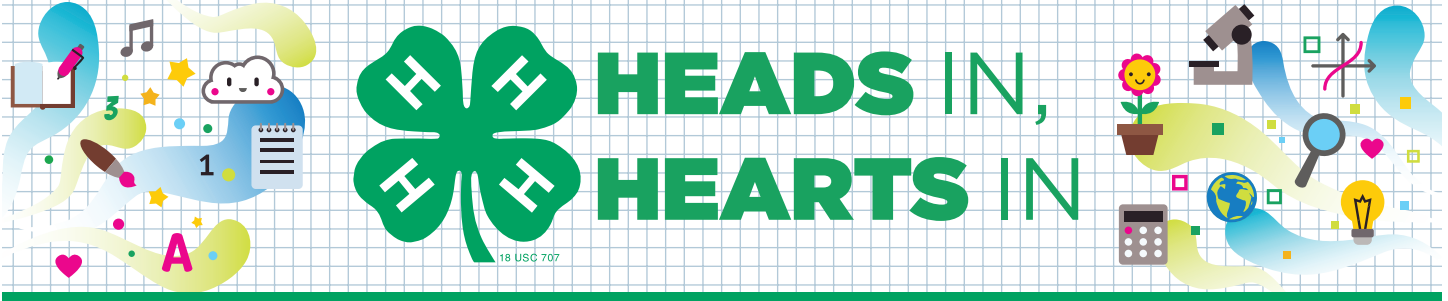
## Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Calm Cards” handout
- Scissors
- Display table

## Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print and cut out the cards in the “Calm Cards” handouts.
- ▶ Hide the “Calm Cards” throughout the room where the child can find them.





# Calming Scavenger Hunt

## Guide for Families

### Learning Objectives

#### What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

#### What you will do and learn:

In this activity, you will help the child go on a hunt for calming techniques. Teaching the child lots of ways to help them feel calm and connected when they feel overwhelmed and out of control will help prepare them to handle their big emotions. During the scavenger hunt, you and the child will get to practice five techniques for feeling calm including stretches and breathing techniques.

### Instructions

1. After, you have hidden the “Calm Cards,” ask the child to go on a calming scavenger hunt with you. Let them take the lead walking through the room or house trying to find the “Calm Cards.”
2. When you find a card, practice the calming technique mentioned on the card together. Repeat as many times as you want.
3. Then continue the hunt to see if the child can find all of the cards, practicing each technique.
4. Use the cards whenever the child is overwhelmed and needs to find a way to calm down.

# Calming Scavenger Hunt

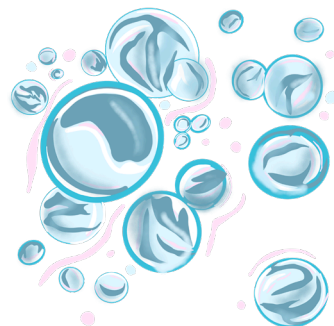
## Calm Cards Handout

### Card 1: Dragon Breath



**Description:** Breathe like a dragon! Take a deep breath in through your nose. When you exhale, open your mouth and sigh like you are fogging up a mirror or like you are a dragon breathing fire. When you exhale, see how loud you can breathe your dragon breath. Take two more slow, dragon breaths.

### Card 2: Bubble Breathing



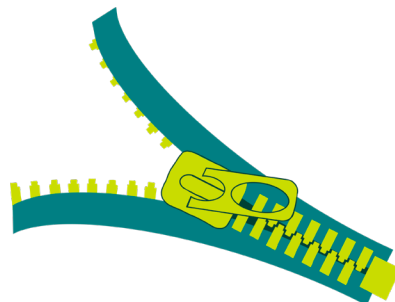
**Description:** Pretend like you are blowing bubbles! Take a deep breath in through your nose. When you breathe out, purse your lips and gently push the air out of your lungs. Take two more deep, slow bubble breaths.

### Card 3: Octopus Arms Stretching



**Description:** Stretch like an octopus! Lift your left arm up in the air as high as you can, reaching tall. Then, lift your right arm up. Stretch your left arm straight in front of you, reaching forward. Then, lift your right arm forward. Cross your left arm in front of your body, reaching across. Then, cross your right arm in front of you. Stretch your left arm toward your toes, reaching down. Then, stretch your right arm down.

### Card 4: Zipper Stretching



**Description:** Standing up, bend forward over your legs reaching toward the floor. As you take a deep breath in, “zip” your body up stretching your arms high above your head. As you breathe out, “zip” your body back down, slowly folding forward over your legs. Repeat two zipper stretches while breathing deeply.

# Calming Scavenger Hunt

## Calm Cards Handout, continued

### Card 5: Volcano Breathing



**Description:** Volcanos erupt spewing lava everywhere! Breathe like a volcano! As you breathe in, crouch down pulling your body into a tight ball.

Next, breathe out loudly with your mouth open loudly, standing up and spreading your arms into the air like a volcano spewing lava.