

COPING SKILLS SCAVENGER HUNT

FIND USING YOUR SENSES:

- Something **SOFT** 
- An **INTERESTING** Texture 
- A **PLEASANT** Sound 
- Something **BLUE** 

GROUNDING ROUND (NOTICING):

-  5 Things You Can **SEE**
-  4 Things You Can **HEAR**
-  3 Things You Can **TOUCH**
-  2 Things You Can **SMELL**
-  1 Thing You Can **TASTE**

