

COPING SKILLS SCAVENGER HUNT



 **Ages:** Kids, Tweens, & Teens

 **Time:** 10–15 minutes

- ☐  **A quiet place**
- ☐  **Something soft**
- ☐  **A tool for a creative activity**
- ☐  **A spot to stretch**
- ☐  **A written reminder of support**



The teacher/facilitator has the debrief stage.

