

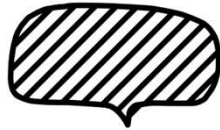


COPING SKILLS SCAVENGER HUNT

A coping skills scavenger hunt for elementary students is a fun and engaging way to teach important emotional regulation techniques. Have students color in the boxes once they've tried the skill.



listen to music



talk with
an adult



think of a
calm place



use a fidget

1 - 2 - 3

take 3 deep
breaths



dance



take a break



take a walk



eat a
crunchy snack



read a book



smell vanilla
or lavender



stretch high
and low



chew gum



blow bubbles



sip water
through a straw



voice feelings
quietly to self