



Emotion Scavenger Hunt

Hello Adventurers!

Let's go on a fun hunt to discover feelings in nature! You'll explore, find cool things, and share how they make you feel. Ready to start your exciting adventure?

What To Do:

Get Ready!

Ask an adult to print this sheet for you.

Head out to a park or nature area with a grown-up.

Find These Feelings:

Happiness: Is there something bright and yellow like a flower or sunny spot? Snap a picture or draw it!

Surprise: Look for something odd or unexpected, like a funny rock or strange plant. Take a photo or draw what you see!

Curiosity: Find something that makes you go "Wow!", like a critter trail or cool leaf pattern. Capture it with a photo or your drawing!

Calm: Can you find a peaceful stream or feel a soft breeze? Save the moment with a picture or your own art!

(Add your own feelings and discoveries too!)

Think and Share:

After your hunting adventure, talk about what you found. How did each thing make you feel? Why?

Creative Time:

Make a special drawing or write a little note about your discoveries and how they felt!

Share Your Favourites:

Tell someone about your journey. Which feeling was the most fun to find?

Happy Exploring!

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Let's use our senses to explore the environment. Draw down your findings in the spaces provided below or take photos of your adventures.

Happiness

Surprise

Curiosity

Calm

