

Name: _____

Calm-Down SCAVENGER HUNT



Follow the checklist below to find the items for the scavenger hunt!

5 things you can **see**:

1. _____
2. _____
3. _____
4. _____
5. _____

4 things you can **feel**:

1. _____
2. _____
3. _____
4. _____

3 things you can **hear**:

1. _____
2. _____
3. _____

2 things you can **smell**:

1. _____

2. _____

1 thing you can **taste**:

1. _____