



Bond with your classmates with a Scavenger House Hunt.

Art by James, age 12, California, USA



Get Inspired

Quote

"Ten minutes with a genuine friend is better than years spent with anyone else."

Crystal Woods

Fact

Friendship builds empathy.



Shake It Up

Stand up. Stretch your arms and legs into letters and spell out your name.

"I am talented!"



Talk It Out

1. What ways do you bond with others?
2. What is your favorite way to bond with people?
3. How do your friends make you feel?



Do It!

1. Take 5 minutes or less and go find something in your house that makes you feel happy.
2. When all classmates are back from their "Scavenger House Hunt," take turns showing the item you each found and explain why it makes you feel happy.

Bond with your classmates with a Scavenger House Hunt.

SEL Competencies

Self-Awareness

Identifying Emotions
Self-Confidence

Self-Management

Impulse Control

Relationship Skills

Communication

Timeframe

15 - 30 min

Materials Required

Objects found in each student's home (or location where students are doing their virtual learning)



Get Inspired

Quote

Invite a student to read the quote.

Fact

Friendship builds empathy.

[Source](#): Wiley



Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up. Stretch your arms and legs into letters and spell out your name. When finished, have your students say, "I am talented!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. What ways do you bond with others?
2. What is your favorite way to bond with people?
3. How do your friends make you feel?



Do It! (as a class)

Invite your students to do the following:

1. Take 5 minutes or less and go find something in your house that makes you feel happy.
2. When all classmates are back from their "Scavenger House Hunt," take turns showing the item you each found and explain why it makes you feel happy.