



Sensory Scavenger Hunt



Look around and see if you can find something for each of your senses!

5 Things I Can See

Look around and find...

- ☐ Something red
- ☐ Something round
- ☐ Something shiny
- ☐ Something soft
- ☐ Something with a pattern



4 Things I Can Hear

Close your eyes and listen for...

- ☐ A quiet sound
- ☐ A loud sound
- ☐ A sound from outside
- ☐ A sound that makes you feel calm



3 Things I Can Touch

Find something...

- ☐ Something soft
- ☐ Something smooth
- ☐ Something bumpy



3 Things I Can Smell

See if you can find something that smells...

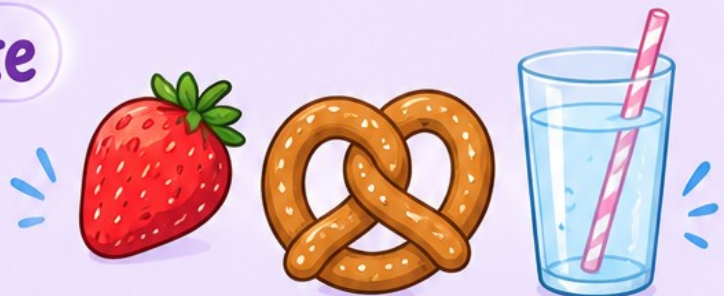
- ☐ Nice
- ☐ Like food
- ☐ Like nature



2 Things I Can Taste

Find something safe to taste...

- ☐ Something sweet
- ☐ Something salty (or savory)



Notice how your body feels after. Did anything help you feel calmer or more grounded?

