

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING OPTIMISTIC
CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: Hunt for Happiness

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: None needed.

ACTIVITY

Have the children make a list of things that they feel make life worth living. Then have them work up a list of animals, people or places that make them happy or bring smiles to their faces. Parents or teachers then help the children spend about 15 min on a scavenger hunt, searching for as many items on the list as possible. Once the child discovers an item, she can place a sticker on or draw a smiley face next to the item.