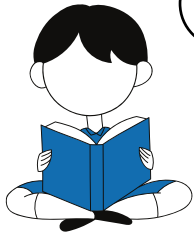


# \_\_\_\_\_ 's Wellness Scavenger Hunt



Complete this wellness scavenger hunt for a free class. Grown-ups, use this as a springboard for conversations with your little one.



Find one place you can go to be by yourself.



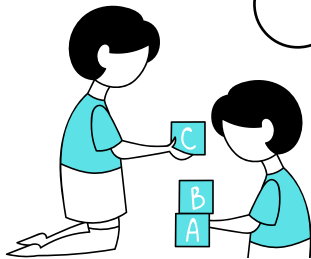
Find one thing you can hug.



Share a time you felt proud.



Find your favorite cup to drink water out of.



Find one thing you share.



Name 2 adults who can help you when you're scared.



Share one thing you love about yourself.

You are kind.



Share one thing you love about someone else.



Take a photo with your completed challenge & tag @childsposekids for a free class.

Name:

Date:

Something I'm good at:

Something I'm working on: