

Scavenger Hunt--Coping

ACTIVITY TYPE Virtual Support AGE GROUP 5+

GOALS

- Exploration of Feelings
- Exploration Coping Strategies

MATERIALS

- Computer/phone/ring central app for virtual support
- Household items (for child/CLS)

INSTRUCTIONS

Introducing:

Discuss Stress and Coping. Stress is a natural part of everyday life—it can be healthy, but in large amounts can be unhealthy. Coping is the way everyone manages their stress. Each person is unique in how they react to stress and how they respond to stress. Some ways of managing stress are unhealthy, but with practice and self-awareness, each person can identify things that help them feel better when stressed.

Steps:

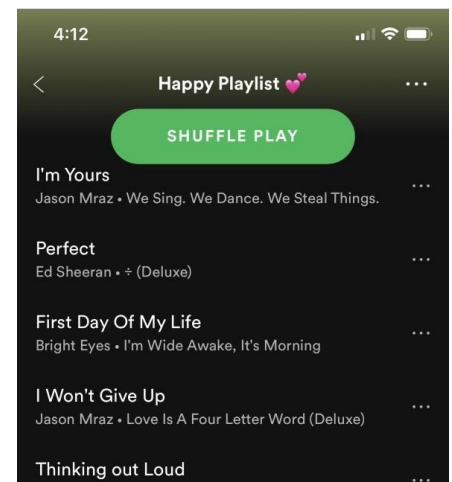
- 1) Have child/teen take time to find items throughout their house that help them manage stress.
- 2) Give a certain time frame/time to be back on screen.
- 3) List of items:
 - a. Find 1 place in your house that is a safe space to be angry
 - b. Find 1 place in your house that is a safe space to be sad
 - c. Find 1 place in your house that is your favorite to be happy or excited
 - d. Find something that you use to calm down when angry, upset, or nervous.
 - e. Find something that makes you feel loved when you are feeling lonely.
 - f. Find something that you do/is active to expel energy
 - g. What is your favorite food to eat when sad/needing comfort?
 - h. Who is your safe person when feeling angry?
 - i. Favorite way to *pamper* or spoil yourself?
 - j. Who is your safe person when feeling sad?
 - k. Who is your safe person when feeling nervous/scared?



Wonders & Worries

Professional support for children through a parent's illness.

We will, together.



- 4) Once back on screen, have child/teen share with you what they came up with. You can also share.
- 5) Have them notice any themes that may give them ideas for additional coping tools that might be helpful.
 - a. Example: if a child likes warm baths and hot meals, it may be that *warm* things are comforting in a way that cold things are not. So additional ideas for coping: drinking warm tea or milk/honey, baking, aa blanket, fuzzy socks, warm scents in oil diffuser, etc.
 - b. Example: if a child shares that their favorite place to go with all their feelings is outside, and their favorite person is their Dad b/c he plays basketball, they may need more active/open options for coping. This child may enjoy mindfulness activities that are outside, having set outdoor times, plans for rainy days, lists of active things they can do inside, etc.
- 6) Discuss any additional activities you may want to do together next session based on what you learned about the child here.

MODIFICATIONS

- For younger children, make the lists shorter, have a parent available to help them and parent available to cue when time to get back onscreen.
- For older children/teens, can give more time and more freedom.