



## Seek and Find

### Description

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Students listen carefully to find various objects in the space.

## Supplies

- No supplies needed

## How to Play

1. Explain that today's activity is all about listening carefully and finding different items.
2. Explain that in each round a category will be announced and students must search for something that fits the category.
3. The first student to return with an item that fits that category gets a point.
4. The student with the most points at the end wins. Multiple rounds can be played until time is up.
5. The list of items will depend on the space, but an example list is provided below.
6. Example Items:
  - Something that starts with the letter A
  - Something that you can write with
  - Something that bounces
  - Something smaller than your hand
  - Something that makes you feel happy
  - Something with an animal on it
  - Something that makes noise
  - Something that moves around a lot
  - Something the same size as your foot
  - Something multicolored

## Activity Prompts for Reflection

- What was frustrating about this activity?
- What helped you be successful during this activity?
- What helped you to stay focused during this activity?
- What were you in control of during this activity?

## Other Ways to Play

- Have the first student to find an item come up with the category for the next search.
- If there is a large group of students, award points to the first and second students to come back with an item for that category.
- If not in a classroom setting, make sure to set boundaries for the search area.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities
2. Self-Management

### Sel-competency

1. Self-Management

### Allotted-time

1. 15-20 minutes

### Themes

1. General