

## Home Scavenger Hunt

*This is a great way to get to know your Little and for them to get to know you. This activity is done by finding the things listed below and sharing them with one another.*

### **Find Something That...**

- ✓ Brings you Joy
- ✓ You Love
- ✓ Makes you Laugh
- ✓ Is your Favourite Memory
- ✓ Your Favourite Photo
- ✓ Is your Favourite Colour
- ✓ Makes you Smile
- ✓ Is your Favourite Hobby
- ✓ Is your Favourite Movie or Video Game
- ✓ Is your Favourite Colour

## Three Marker Challenge

*This game is great for youth, as I have played it several times with ages 10-12. The object of the activity is to randomly choose three markers, crayons, or pencil crayons and only use those three to colour a colouring page or draw with.*

**Some Examples...**



## All About Me Card

*This is a great activity to do with youth, as it is all about them and expressing themselves!*

### **Instructions:**

- Get a piece of paper and writing utensils (markers, crayons, pencil crayons, pens, or pencils)
- Fold the piece of paper in half (to make a card).
- On the very front write your name vertically.
  - Example:
    - **B**
    - **O**
    - **B**
- Beside each letter of your name write an adjective to describe yourself.
  - Example:
    - **Beautiful**
    - **Organized**
    - **Bubbly**
- On the back of the front page, write your favourite quote that speaks to you.
  - Example: “Don’t count the days, make the days count” – unknown
- On the page next to your quote, write or draw some of the things you like to do, your hobbies, your favourite movie, what makes you feel better when your feeling sad, your favourite food, your favourite candy, your biggest fear, etc.
- Lastly, on the back, draw yourself.
- Now you have a card all about you! Share your cards with one another!

## Mirror, Mirror

*This activity is great for teen girls and talking about self-esteem.*

### **Instructions**

- Get a piece of paper and a writing utensil (markers, pencil crayons, crayons, pen, or pencil).
- Draw a mirror (this can be a simple square or circle, or you can decorate the frame of your mirror).
- Once your mirror is done, draw yourself in the mirror.
- Then, write only positive things about yourself in the mirror.
- Afterwards, share some positives that you have written in the mirror.
- You can also talk about things you did not put in the mirror and view as a negative and try to turn it into a positive!

## Worry Box

*This activity is good for any age group. It is a good way to get Littles to speak about their worries and also thinking about how they can solve their worries and who they can speak to about them.*

### **Instructions:**

- Get a piece of paper and something to write with or print the page below.
- Get the Little to draw a box and write their worries in the box.
- Then get them to write down people who they can talk to about their worries.
- Note: You can also add in another box of how the Little might go about solving the worry, as this can get them to start thinking and learning about problem-solving.

Name \_\_\_\_\_ Date \_\_\_\_\_

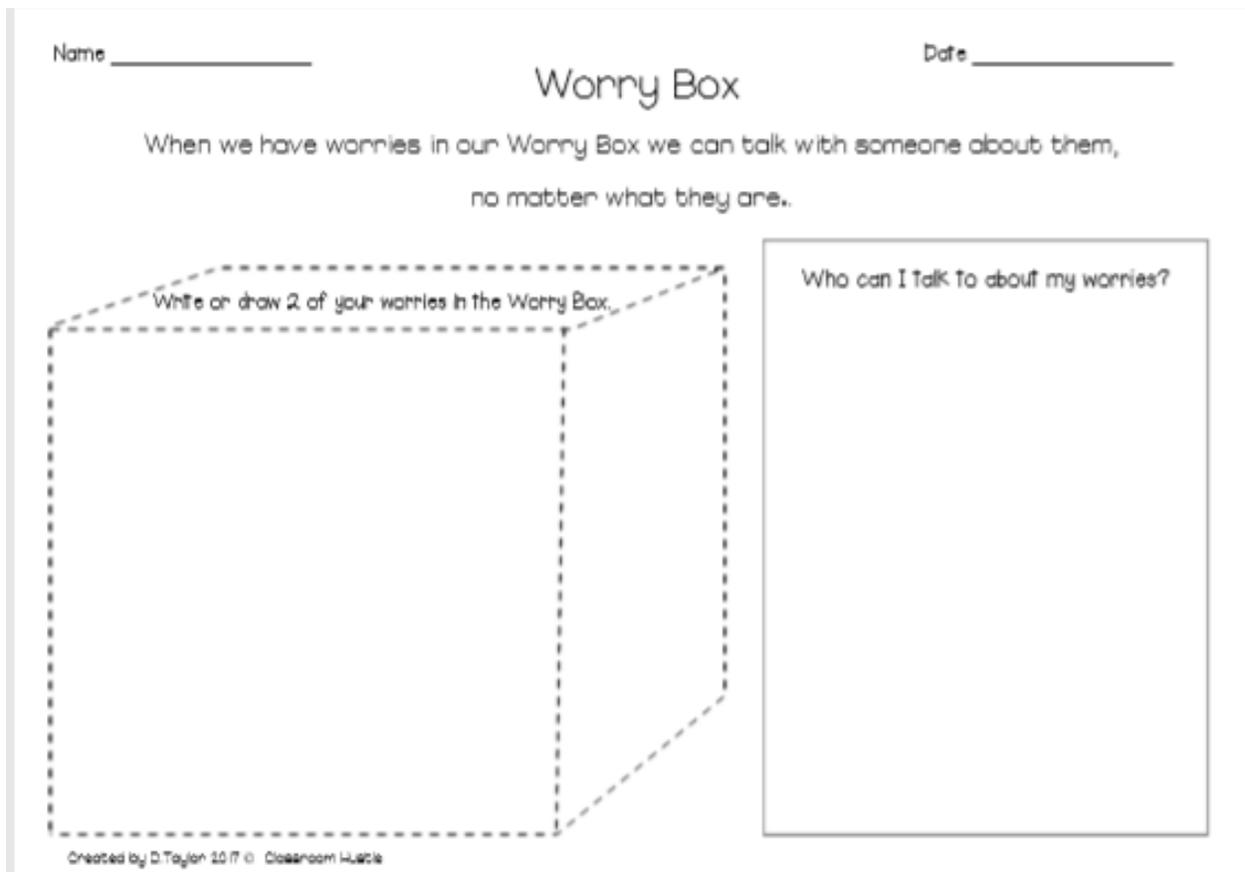
### Worry Box

When we have worries in our Worry Box we can talk with someone about them,  
no matter what they are.

Write or draw 2 of your worries in the Worry Box.

Who can I talk to about my worries?

Created by D.Taylor 2017 © Classroom Hustle

The worksheet is titled 'Worry Box' and includes a 'Name' and 'Date' field at the top. Below the title is a short paragraph explaining the purpose of the box. The main part of the worksheet consists of two large boxes. The first is a dashed-line box intended for drawing or writing two worries. The second is a solid-line box intended for writing the names of people to talk to about the worries. At the bottom left, there is a small copyright notice: 'Created by D.Taylor 2017 © Classroom Hustle'.

## Who Are You?

*This activity is great for youth and getting them to feel confident in who they are.*

### **Instructions:**

- Get a piece of paper and something to write with.
- Fill-out the prompts listed below any way the Little and you want too.
- Once you are done, share some of your answers!

### **I am someone that...**

*Loves* \_\_\_\_\_

*Wants to* \_\_\_\_\_

*Has the goal of* \_\_\_\_\_

*Used to be afraid of* \_\_\_\_\_

*Is driven by* \_\_\_\_\_

*Is inspired by* \_\_\_\_\_

*Who notices* \_\_\_\_\_

*Has a habit of* \_\_\_\_\_

*Is happiest when* \_\_\_\_\_

*Gets disappointed by* \_\_\_\_\_

*Wishes I could* \_\_\_\_\_

*Believes in* \_\_\_\_\_

*Would give* \_\_\_\_\_

*Will one day* \_\_\_\_\_

*Is challenged by* \_\_\_\_\_

*Is embarrassed of* \_\_\_\_\_

*Might somehow* \_\_\_\_\_

## My Strengths and Qualities

*This activity is great for youth and getting them to realize that they have so many amazing strengths and qualities that can share with others and take with them on their journey.*

### Instructions:

- Get a piece of paper and something to write with.
- Fill-out the questions listed below any way the Little and you want too.
- Once you are done, share some of your answers!

#### Things I am good at...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Compliments I have received...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### What I like about my appearance...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Challenges I have overcome...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### I have helped others by...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Thing that make me unique...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### What I value the most...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Times I have made others happy...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Rose, Thorn, and Bud

*This activity is great for youth and getting them to speak about what is going on in their daily lives.*

### **Instructions:**

- Have your Little and you draw or write the words rose, thorn, and bud.
- Beside the rose they can write something positive or something that went well. Beside the thorn they can write something that has been a challenge or is bothering them, and beside the bud, they can write something they are looking forward to.
- Share your answers with each other!



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## One Minute Smores Dip for One

### Ingredients

- 2 tablespoons chocolate chips or any chopped up chocolate
- 2 marshmallows
- 2 graham crackers
- Smoked salt (optional)

### Instructions

- Place the chocolate in a small ramekin, sprinkle with a small pinch of smoked salt (if using) and microwave for 30 seconds.
- Spit the marshmallows in half and place on top of the chocolate, then microwave for 10-15 more seconds. Watch closely, take out of microwave as soon as they start to puff up.
- Break the graham crackers into pieces and dip into the chocolate/marshmallow dip. Best if eaten right way.

### Notes

- The smoked salt is optional but will give a slightly Smokey “campfire” flavor. You can leave it out if you do not have any.
- Variations:
  - Peanut Butter Smores Dip for One
    - Add a teaspoon of peanut butter in with the chocolate
  - Caramel Smores Dip for One
    - Use a caramel stuffed chocolate bar (1 ounce) broken into pieces instead of the chocolate chips



## Peanut Butter Brownie in a Mug

**Prep Time: 5 minutes**

**Cook Time: 1 minute**

**Total Time: 6 minutes**

**Servings: 1**

### **Ingredients:**

- ¼ cup sugar
- ¼ cup all purpose flour
- Pinch of salt
- 2 tbsp of cocoa
- 2 tbsp oil
- ¼ cup water
- 1 tbsp peanut butter (optional)
- ¼ tsp vanilla

### **Instructions**

1. Add dry ingredients to mug and stir (use 12 oz. mug or larger because it will rise a bit)
2. Add wet ingredients to mug and stir until mixed
3. Put tbsp. of peanut butter in middle of mix and push down a bit so it is submerged into brownie batter
4. Microwave for 60 seconds and allow it to cool for 5 minutes it will solidify more if you want it cakier and less ooey gooey



## Microwave Chocolate Chip Cookies

### **Ingredients:**

- 2 tbsp butter
- 1 tbsp brown sugar
- 1 tbsp sugar
- ¼ tsp baking powder
- 1/8 tsp salt
- ¼ tsp vanilla extract
- 3 tbsp flour
- 2 tbsp chocolate chips
- ½ cup ice cream (optional)

### **Instructions:**

- Add 2 tbsp butter, 1 tbsp brown sugar, 1 tbsp sugar, ¼ tsp baking powder, 1/8 tsp salt, and 1/4 tsp vanilla in a bowl and mix.
- Next, add 3 tbsp flour and 2 tbsp chocolate chips and mix thoroughly.
- Transfer the mix into a microwave friendly bowl and heat for 60 seconds. Top with ice cream.
- Enjoy!



## References

### **Worry Box**

Taylor, D. (2017). Classroom Hustle. Retrieved July 10, 2020, from <https://www.teacherspayteachers.com/Store/Classroom-Hustle>

### **Smore Recipe**

McMorrow, M. (2019, August 27). One Minute S'mores Dip For One. Retrieved July 10, 2020, from <https://www.foxandbriar.com/one-minute-smores-dip-for-one>

### **Brownie Recipe**

The Typical Mom, J. (2020, May 16). How to Make a Peanut Butter Brownie for ONE in the Microwave. Retrieved July 10, 2020, from <https://temeculablogs.com/make-brownie-mug/>

### **Cookie Recipe**

Merchant, M. (2019, August 29). Microwave Chocolate Chip Cookie Recipe by Tasty. Retrieved July 10, 2020, from <https://tasty.co/recipe/microwave-chocolate-chip-cookie>