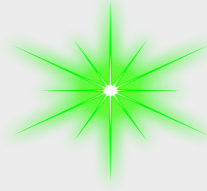


Winter Sensory Scavenger Hunt

Sensory activities can help people with FASD feel calm. What sensory activity helps you?

Find a green light



Find something that smells like pine trees



Find something that is minty tasting



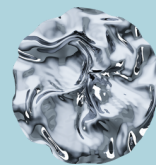
Find something that makes you happy



Ring a bell



Find something that is silver



Find a spice that smells good



Winter Sensory Scavenger Hunt

These are just suggestions - what makes your senses happy?

Count how many stars can you see at home

Find something soft

Sing your favourite Christmas or holiday song

Find something you are thankful for

Ring a bell



Find something that makes a crinkling noise

Go for a walk with a trusted adult and find a holly tree or count how many houses have decorations

