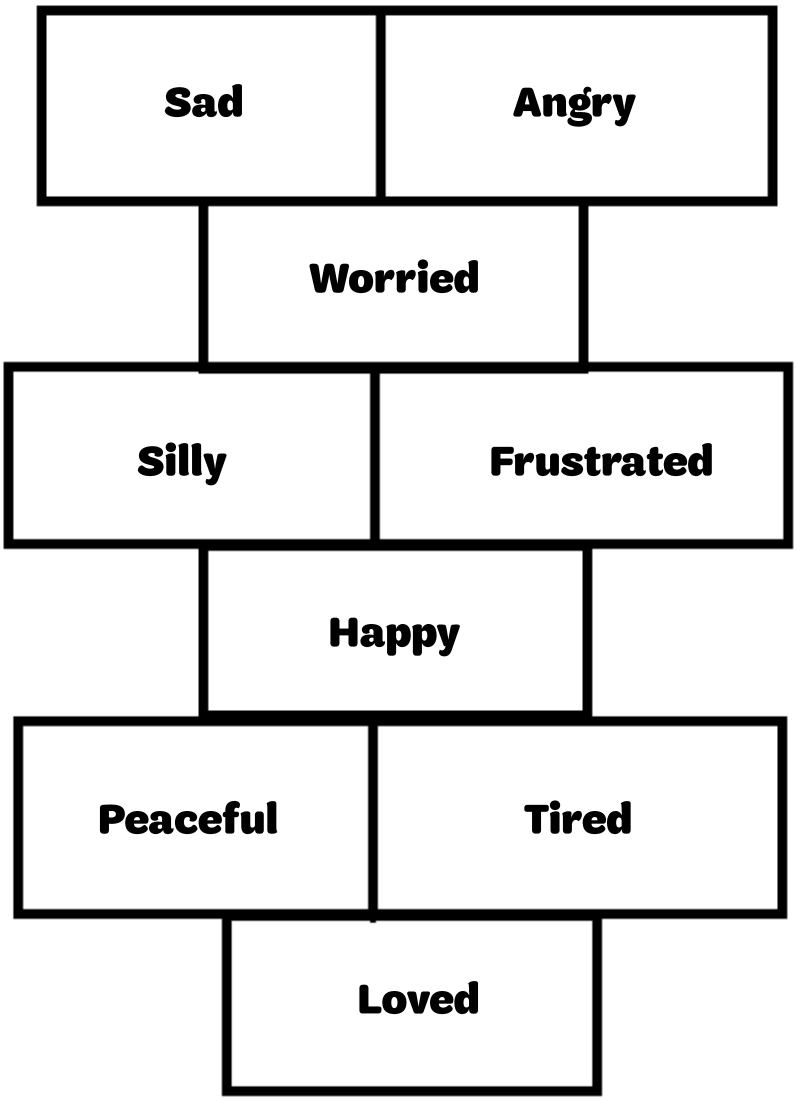
girl scouts of the chesapeake bay

Feelings Hopscotch

This activity can be done with the whole family outdoors! Create a hopscotch like the one shown below. Pick a number between 1 and 15, and begin to hop! Whatever square you land on, answer the question: “Name a time when you felt ___.” Take turns hopping until all of the squares are answered! Make sure you are drinking plenty of water during this activity!

Name a time when you felt ___.