



Scavenger Hunt

Materials Needed:

- Scavenger Hunt Sheet (download PDF)
- Zones of Regulation Cards
- Pen/Pencil

Activity Instructions:

1. Find each item on your scavenger hunt sheet
2. Circle the item you found
3. Talk about which items you like touching, and which items make you feel icky!
4. Identify which Zone you are in using the Zones cards when touching each item