

CHRISTMAS LIGHT SCAVENGER HUNT



Project **1.27**

Fostering and Adopting in Faith

CHRISTMAS LIGHT SCAVENGER HUNT

As you enjoy the scavenger hunt, be watchful for emotions that may come up in your foster and adoptive children.

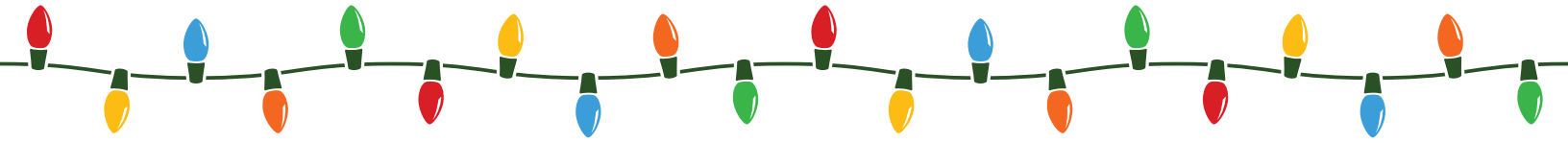
HERE ARE A FEW WAYS TO HELP CHILDREN COPE WITH TRIGGERS:

- Help children identify their feelings and express them in a safe way.
- Talk about a time when you were upset. Empathy builds connection and helps children know they are not alone in how they feel.
- Make time for the child's needs. This may mean stopping the activity or taking a break and coming back to it when the child is ready.
- Keep routines and schedules predictable. Try using a visual schedule and include the start and ending time for holiday events like the scavenger hunt. (After dinner, we will look at lights from 6-7, and then we will come home for hot chocolate before bedtime.)
- Talk to children when they are not overstimulated about what helps them when they are feeling upset. Make an emergency kit for the child to use when they feel upset or anxious. The kit could include a favorite pillow, water bottle, photo, gummies and sensory items.

Christmas is a great time to invite conversation about unique cultural holiday traditions. Invite children to talk about their holiday memories and family traditions as you share yours with them.

CHRISTMAS LIGHT SCAVENGER HUNT

SEARCH YOUR NEIGHBORHOOD FOR THESE FUN CHRISTMAS DECORATIONS! CROSS THEM OFF AS YOU FIND THEM.



NATIVITY SCENE



CROSS



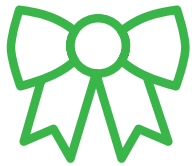
SANTA CLAUS



MRS. CLAUS



NORTH POLE SIGN



BOW



NUTCRACKER



ELF



JOY SIGN



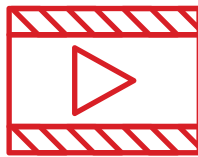
STAR



GINGERBREAD MAN



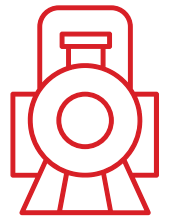
REINDEER



MOVIE CHARACTER



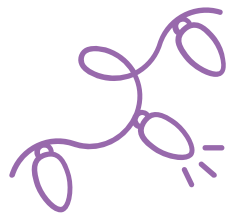
SNOWMAN



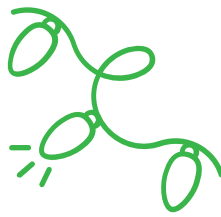
TRAIN



SNOWFLAKE



PURPLE LIGHTS



GREEN LIGHTS



CHRISTMAS TREE



ANGEL



STOCKING



SNOW GLOBE



CANDLE



LIGHTS WITH MUSIC



CANDY CANE