



Activity: Remembering the 7 C's

1. SAECU

2. NORCLTO

3. CUER

4. RAEC

5. CAGMIMOTNICUN

6. COECSHI

7. BECRELGATNI

I didn't 1. _____ it. I can't 2. _____ it. I can't
3. _____ it. But, I can take 4. _____ of myself
by 5. _____ my feelings, making good
6. _____ and 7. _____ myself.

Objective

Do you remember the 7 C's from Camp Mariposa? The 7 C's is something we learn at camp and is a good reminder for us all. The 7 C's are important for us to remember, especially when we are experiencing harder and more difficult emotions and feelings.

Instructions

- In the word scramble above, unscramble each of the 7 C's.
- Then finish the sentence by placing each unscrambled word into the numbered blank space.