Activity: Remembering the 7 C's

- **Author** - Custom Resource by the Eluna Team



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.

Supplies:

- Print Remembering the 7 C's worksheet
- Pen, pencil, or crayon

Instructions:

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

Additional Ideas: Play as a larger group in which each participant or team takes turns unscrambling one word.

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