

EMDR-Inspired Scavenger Hunt

This EMDR-inspired activity helps children identify resources, build emotional awareness, access adaptive information and explore memories. It can be used during Phase 1 for target identification or during Phase 2 for resourcing.

Goals

- Increase engagement and rapport
- Assess resources and coping strategies
- Identify positive/negative memory networks
- Build emotional vocabulary

Prompts for Phase 1 & 2

* Prompts for Phase 1: "Find something that..."

"brings back a happy memory for you"

"reminds you of someone you miss right now"

"brings back a negative memory for you"

"reminds you of a problem you are still trying to solve"

* Prompts for Phase 2: "Find something that..."

"brings you comfort or makes you feel at home"

"you could use to calm yourself down if you are angry or upset"

"you enjoy looking at"

"that makes you laugh"

Include slow BLS if it's a resource item and there are positive emotions and sensations!



For more information and resources go here!