

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.

[Download Printable Activity](#)



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RESOURCE CENTER

- | | |
|------------------|-------|
| 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.