MENTAL HEALTH SCAVENGER HUNT

☐ Find the emoji that best matches your current feeling.

What feeling did you choose? ________________________________

☐ Find something beautiful – take a photo if you can.

What did you find that is beautiful to you? ________________________________

☐ Find something soft.

☐ Get a hug.

☐ Find a coloring page. Spend a little time coloring.

☐ Find at least one yoga pose card and do that pose.

What pose(s) did you do? ________________________________

☐ Find a piece of paper or a gratitude card and write one or more things you are grateful for.

☐ Find a photo of a happy memory.

What memory did you choose? ________________________________

☐ Give someone a compliment.

☐ Do an animal walk.

What animal walk did you do? ________________________________

☐ Connect with someone you love! Write a card, send an email, or call someone.

Who do you want to connect with? ________________________________