



# Mosswood Connections

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## MENTAL HEALTH SCAVENGER HUNT

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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? \_\_\_\_\_