

Mental Health Scavenger Hunt

Something that brings you comfort	Something you could use to calm yourself if you are angry or upset
Something you are proud of	Something that brings back a happy memory for you
Something unique	Something with a pleasant smell
Something that expresses your personality	Something that reminds you of someone you are missing right now
Something that is your favourite colour	Something that makes you feel safe
Something you enjoy looking at	Something that makes you laugh
Something you can use when you are feeling stressed out	Something that reminds you of a time you overcame something difficult
Something that reminds you of something you're missing about school	Something that reminds you of a time you showed kindness or someone showed kindness to you
Something that represents hope	Something of your choice