Game On: Scavenger Hunts for Your Mental Health

Games can be a great way to help us with our mental health. Here are two scavenger hunts below that you can use to help you with your emotions, feelings and memories. You might want to do them at the same time with a friend using your devices or share with a trusted friend or adult when you finish.

1. Feelings Scavenger Hunt:



1. Yard Bird Bingo

Take a mindful moment and head out into your backyard and see if you can get a full card. Check in with a friend and see what they found.

