

At Home Mental Health Scavenger Hunt

Sometimes it's important to remind ourselves of all the coping tools we have readily available in our own homes. Let's see how many of the following you can find...

Find something with a pleasant scent	Find something you enjoy looking at
Find something that makes you laugh	Find something you are proud of
Find something you can do for fun	Find something you can do as a family
Find something you can use to help you when you're feeling anxious or worried	Find a song you can dance to
Find something you can use to help you when you're feeling angry	Find something that brings you comfort
Find something that brings back a happy memory	Find something that is your favorite color

Having trouble finding any of the above? Feel free to contact a clinician from Glastonbury Youth and Family Services for tips.

GLASTONBURY YOUTH & FAMILY SERVICES

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Office Hours (Remote):

8:00 AM to 4:30 PM

Monday through Friday

