

# FAMILY EMOTIONAL HEALTH AND WELLBEING SCAVENGER HUNT

TRY AS MANY ACTIVITIES AS YOU CAN ACHIEVE



**RECENTER AND  
TRY A GUIDED  
MEDITATION OR  
YOGA  
(10 POINTS)**



**GET CREATIVE:  
SHARE A PICTURE OF  
YOUR BEST ARTWORK  
(COLORING BOOK OR  
FREEHAND ART)  
10 POINTS**



**DRINK WATER  
(5 POINTS)**

**SOCIAL DISTANCING  
DOESN'T MEAN YOU  
CAN'T GO OUTSIDE.  
SNAP A PICTURE OF YOU  
AND YOUR FAMILY  
ENJOYING SOME FRESH  
AIR!  
(5 POINTS)**



**GET SOCIAL:  
FIND HMF'S FACEBOOK  
PAGE ON SOCIAL MEDIA  
AND LIKE OR FOLLOW THE  
PAGE  
(5 POINTS)**



**GOOD DEED FRIDAY  
SHOW US HOW YOU  
GIVE BACK DURING  
THESE TIMES.  
(15 POINTS)**



**SAFETY CHECK:  
SHOW OFF YOUR BEST  
MASK IF YOU'VE GOT  
ONE THAT'S THEMED OR  
OTHERWISE. (10 POINTS)**

