Teletherapy Scavenger Hunt

Something that brings you comfort	Something you could use to calm yourself down if you are angry or upset
Something you are proud of	Something that reminds you of someone you miss right now.
Something unique	Something that brings back a happy memory for you.
Something that expresses your personality	Something that reminds you of something you are missing about school
Something that you could do for fun	Something that brings back a negative memory for you.
Something that makes you feel "at home"	Something you can use when you are feeling stressed out
Something that is your favorite color	Find something with a pleasant smell
Something that you enjoy looking at	Something that makes you feel safe
Something that makes you laugh	Something of your choice