



Session Ice Breakers

PSN Scavenger Hunt

Someone who has read the book: Personal Safety Nets. _____	Someone who has a plan for staying healthy. _____	Someone who completely relies on family & friends when help is needed. _____
Someone who knows where they sit financially. _____	Someone who can identify how they calm themselves when upset. _____	Someone who can identify 2+ community organizations that <u>an</u> help them in times of need. _____
Someone who has assigned durable 'POA' - Power of Attorney to someone. Name: _____ _____	Someone who has a mentor. Name: _____ _____	Best book or movie read lately. Name: _____ _____

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Getting to Know Me



1 | Getting To Know Me – Icebreaker: Fill out for yourself, then share with a partner new to you. If time, introduce each other to group

Great Things About Me

(What People Like and Admire About Me & I Like About Myself)

What Is Important To Me

How To Support Me

(What you need to know or do to support me)

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Links

[1] https://personalsafetynets.org/sites/default/files/psn_scavenger-hunt.pdf

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- [Get Started](#)
 - [Who We Are](#)



[2] https://personalsafetynets.org/sites/default/files/handout_-_9_-_getting_to_know_me.pdf