



Session Ice Breakers

PSN Scavenger Hunt

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

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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

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



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