



## Session Ice Breakers

### PSN Scavenger Hunt

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

[Download PDF for Printing](#) [1]

## 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)

[Download PDF for Printing](#) [2]

## [CONTACT US](#)

Unless otherwise indicated, all content on this site is licensed under a [Creative Commons 3.0 US License](#).

**Source URL:** <https://personalsafetynets.net/content/session-ice-breakers>

## Links

[1] [https://personalsafetynets.net/sites/default/files/psn\\_scavenger-hunt.pdf](https://personalsafetynets.net/sites/default/files/psn_scavenger-hunt.pdf)

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



[2] [https://personalsafetynets.net/sites/default/files/handout\\_-\\_9\\_-\\_getting\\_to\\_know\\_me.pdf](https://personalsafetynets.net/sites/default/files/handout_-_9_-_getting_to_know_me.pdf)