

Gratitude Scavenger Hunt

We all have big and little things that we are grateful for...

The objective is to find the 10 things below. Once you have found each one, remember why they are important and why you are thankful! Then put them back for another day and find the next item.

You can make a list or take a picture, be creative and have fun remembering all you have to be grateful for.

1. Something you enjoy looking at
2. Something that is your favourite colour
3. Something that tastes good
4. Something that makes you feel safe
5. Something that makes you laugh
6. Something that makes a beautiful sound
7. Something that smells good
8. Your favourite place to be alone
9. Someone you love
10. Something that is unique to YOU!

