



Scavenger

Hunt



Gratitude

Something that smells good!

Something that keeps you healthy.

Something you don't realize you need everyday.

Something that makes you laugh.

Something you can't live without.

Something that brings you joy.

Something that feels nice to the touch.

Something that makes you feel proud.

Something that makes you think of a friend.

Something you like to wear.

Something that makes you think of your family.

Something you've made.

Something that's been given to me.

Something that gives you a good memory.

Something that makes you feel safe and cozy.

Find items that you appreciate and feel thankful for!

With everything you find, ask yourself:

- What about this am I thankful for?
- How do I feel when I see this object?
- What thoughts do I have when I think about this item?
- How would my life be different without this?