Gratitude Scavenger Hunt — Reflection

Choose any 5 things you noticed or found. Write what it was, then why you feel grateful.



Something small that helped me today

I found/notice: _____

I'm grateful because: _____

_____

_____

A person who made things easier



I found/notice: _____

I'm grateful because: _____

_____

_____

A place that feels safe or calm



I found/notice: _____

I'm grateful because: _____

_____

_____

A skill or strength I used



I found/notice: _____

I'm grateful because: _____

_____

_____

A moment I want to remember



I found/notice: _____

I'm grateful because: _____

_____

_____

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