GRATITUDE SCAVENGER HUNT

Write what you found for each prompt.

Short answers are great.

1. Something in this room that helps me

2. A person I can count on

3. A sound I'm grateful to hear

4. A place that feels safe

5. Something my body can do today

6. Something that made me smile recently

7. A small comfort (warm, soft, or cozy)

8. Something I learned from a mistake

9. A tool or object I'm glad exists

10. Something outside (sky, plant, or weather)

11. A kind choice I noticed

12. One hope I have for this week

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