GRATITUDE SCAVENGER HUNT

Find, notice, or remember each item—then check it off.

- [ ] Something that made you smile
- [ ] A person who helps you
- [ ] A cozy place
- [ ] A sound you enjoy
- [ ] Something you can see right now
- [ ] A favorite food
- [ ] Something that keeps you safe
- [ ] A way your body helps you
- [ ] Something in nature
- [ ] A talent or skill you have
- [ ] Something you're looking forward to
- [ ] A friend or family member
- [ ] A teacher or coach
- [ ] A pet or animal
- [ ] A book, song, or movie you love
- [ ] Something that smells good
- [ ] Something you have learned
- [ ] A small kindness you noticed
- [ ] Something that makes life easier
- [ ] A fun memory
- [ ] A place you're grateful for
- [ ] Something you have that you can share

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