

GRATITUDE

SCAVENGER HUNT

1. Find something outside that you enjoy looking at.
2. Find something that is useful to you.
3. Find something that is your favorite color.
4. Find something you know someone else will enjoy.
5. Find something that makes you happy.
6. Find something that smells amazing.
7. Find something that tastes good.
8. Discover something new.
9. Find something that makes a beautiful sound.
10. Find something that makes you feel safe.
11. Find someone you are grateful for.
12. Find something that is unique to you.
13. Find something that makes you laugh.
14. Find something in the night you enjoy.
15. Find something in the morning that you enjoy.
16. Find a pet/stuffed animal that you love spending time with.
17. Find your favorite place to spend time alone.
18. Find something that reminds you of the people you love.
19. Find something that you enjoy doing outside.
20. Find you most favorite possession or picture.

gratitude
CHANGES
everything



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