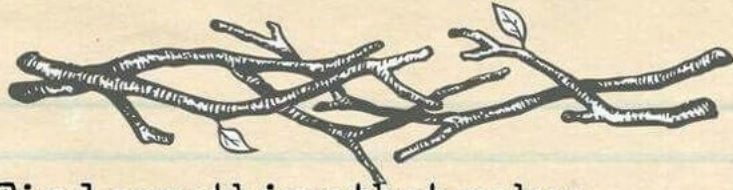
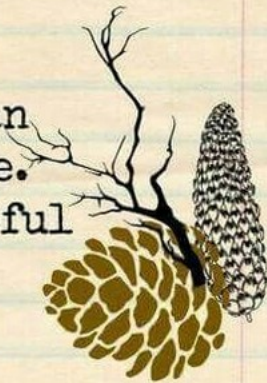


Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



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For our well-being activity this week we are looking at **gratitude**. Have a go at this scavenger hunt to get you thinking about all of the little things that you can be grateful for.

What is gratitude? Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access.

Another word for grateful is... **thankful**. So today why not make a list of all of the things you are thankful for in your life. Try to think of 10 but I'm sure you can do more than that!