

Gratitude Scavenger Hunt



1. Find something that makes you **happy**. Why does it make you happy?
2. Find something that you can give to someone else to make them **smile**. What will make them smile?
3. Find one special thing that you love to **smell**. What is that smell? Can you describe it?
4. Find one thing that you enjoy **looking at**. Why do you like looking at this?
5. Find something that's your **favourite colour**. Why is this your favourite colour?
6. Find something that you are **thankful or grateful of**. Why are you grateful for this?
7. Find something that you can use to **make a gift** for someone else. What will you make for them?
8. Find something that is **useful** to you. Why do you find it useful?



The Thankfulness Challenge

Challenge yourself and family members to dig out some old photos that best represents these items below.

Make sure you explain why you have chosen each photo!

I am Grateful for...

1. My whole family.
2. Great friends.
3. Outdoors/Nature.
4. Hugs.
5. My pet.
6. Someone that makes me smile everytime I see them.
7. Things that make me laugh.
8. My favourite place.
9. My favourite food.
10. My grandparents.



GRATITUDE DRAWING

Use this space to draw all the things you are thankful for.



Gratitude Focused Drawing

1. Draw something that makes you feel **happy**.
2. Draw something that you wouldn't want to **live without**.
3. Draw someone you **love**.
4. Draw someone who **helps you a lot**.
5. Draw something that always makes you **smile**.
6. Draw your **favourite place** in the world.
7. Draw your favourite **toy**.
8. Draw your favourite **food**.
9. Draw something you think is **fun**.
10. Draw something that makes you **feel good**.
11. Draw something that makes you **laugh**.



Gratitude Game

Want to help your kids learn about gratitude? Play the **Gratitude Game** with them. It's a fun game that the whole family will enjoy!



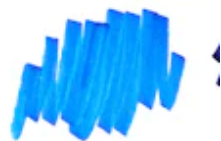
Name a person you are thankful for.



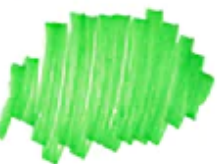
Name a place you are thankful for.



Name something inside you are thankful for.



Name something outside you are thankful for.



Name a food you are thankful for.



Name something fun you are thankful for.





Gratitude Stones

Gratitude Stones are a great way to practice Gratitude. It's fun to collect and paint them, which the whole family will enjoy!

Paint pictures of things you are grateful for - this can be anything!

Leave them in different places around your house for you and others to find!





Think about different people, things, places, food etc. that you are grateful for. Write them on a piece of paper and put them in an empty jar. You can look at these whenever you are feeling down.

MY GRATITUDE BOX

Draw things that
makes you
smile.



Fold here

Fold here

Fold here

Fold here

Fold here

Fold here



GRATITUDE DRAWING

Think about your favourite things that make you feel happy.

Can you draw them below?



Why do each of these things make you feel happy?



Gratitude Journal



Before you begin your day, list 10 things you are grateful for. (Big or small).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List 3 challenges and then 1 thing you could learn from them.

Challenge:

Learning:

Challenge:

Learning:

Challenge:

Learning:

List 5 people that made you a little happier today.



- 1.
- 2.
- 3.
- 4.
- 5.

Choose one moment from today that made you smile. Think about it before you go to sleep...

