



Gratitude Scavenger Hunt

- ☐ Something in Nature: A beautiful leaf, a blooming flower, or a smooth rock.
- ☐ Something that Makes You Smile: A funny picture, a cherished memory, or a silly toy.
- ☐ A Favorite Scent: A flower, a scented candle, or freshly baked cookies.
- ☐ A Sound You Love: Birds chirping, rain falling, or soothing music.
- ☐ Something that Reminds You of a Happy Moment: A ticket stub, a souvenir, or a photo.
- ☐ Something Soft: A cozy blanket, a fluffy pet, or a plush toy.
- ☐ A Gesture of Kindness: A thank-you note, a kind message from a friend, or a compliment.
- ☐ A Taste You're Grateful For: Your favorite snack, a delicious meal, or a comforting drink.
- ☐ A Source of Comfort: A favorite book, a favorite sweater, or a cozy spot in your home.
- ☐ Something that Represents Growth: A plant, a journal where you track progress, or a certificate of achievement.

*"When I started counting my blessings, my
whole life turned around."
-Willie Nelson*

