

# GRATITUDE



## Treasure Hunt for Kids



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