

# GRATITUDE



## Scavenger Hunt for Young People

Complete the scavenger hunt by ticking off or crossing out each 'find' as you complete it. This does not have to be done in a day – you can take as long as you need.

1. Find something that is your favourite colour
2. Find something that makes you laugh
3. Find something that is useful to you
4. Find something that smells amazing
5. Find something outside that you enjoy looking at
6. Find something that reminds you of the people that you love
7. Find something in the night-time that you enjoy
8. Find something in the morning that you enjoy
9. Find something that tastes lovely
10. Find something that makes you happy
11. Find something that someone else will like
12. Find a sound you like listening to
13. Find a place that makes you feel happy and go there for a while
14. Find something inside that you enjoy looking at