



## Gratitude Scavenger Hunt

The purpose of today's activity is to focus on and discover people and things we are grateful for. In this activity we will search for and think of people and things we are grateful for and see if focusing on gratitude helps our moods too!

Materials needed:

- Paper
- Markers, Crayons, or Colored Pencils
- A device with a camera

Introduction

- In this activity we will review what it means to be grateful. Then we will take or draw pictures of the people and things we are grateful for.

Step 1. What is Gratitude?

- What do you think of when you hear the word gratitude?
  - Maybe you think of someone that says thank you a lot.
  - Maybe you think of Thanksgiving when everyone around the table shares something they are thankful for.
  - Those are both good things but, gratitude is more than feeling thankful It is a deeper appreciation for someone (or something) that produces longer lasting positivity.
- Sometimes when we are sad or things are not going the way we want them to we forget to be grateful for the things in our lives that have a long lasting positive effect.
  - Take a minute and think about this definition of gratitude.
  - Is there anyone or anything in your life that has a lasting positive effect on you?

Step 2. Gratitude Scavenger Hunt

- Now that we know what gratitude means, review the list below and see if you can take a picture of all the things you find that you are grateful for. If you don't have access to a camera, draw pictures or write down the items.
  - Find something that you are grateful for in nature.
  - Find something that makes you feel at home.
  - Find something that you enjoy in the yard.
  - Find something that you love in your room.
  - Find something that you eat that tastes good.
  - Find something that has an enjoyable smell.
  - Find something that reminds you of a loved one.
  - Find something that makes you feel unique.
  - Find something that you find entertaining.
  - Find something that you look forward to every day.

- Find something that is useful for you.
- Find something that makes a beautiful sound.
- Find something that comes in your favorite color.
- Find a pet or animal that makes you happy.
- Find or think of someone who you love!
- Find or think of someone who loves you!
- Think of as many more people and things you are grateful for as you can!

### Step 3. Express your gratitude

- Now that we know many people, things or animals we are grateful for, show your gratitude by drawing the people you are grateful for a card or telling them how grateful for them you are. If it is a plant or animal express your gratitude by taking extra special care of them.
- For an extra challenge review the list of everything you are grateful for each morning when you wake up and before you go to sleep. Try and find one new thing you can be grateful for each day!

This activity was adapted from <https://hellobestow.com/blog/gratitude-games/>. Gratitude definition was taken from <https://positivepsychology.com/gratitude-appreciation/>.