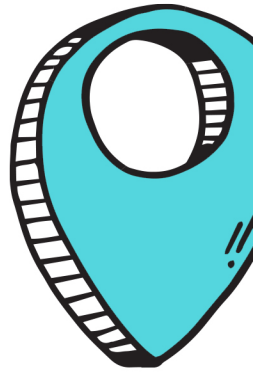




GRATITUDE

scavenger hunt



- Find something outside you enjoy looking at
- Find something you love playing with
- Find something that makes you feel safe
- Find something that makes you laugh
- Find something that you enjoy doing in the morning
- Find a friend, family member, or pet you love being with
- Find your favorite place to rest
- Find something that reminds you that you are loved
- Find something that makes a beautiful sound
- Find something you love doing by yourself
- Find someone who gives great hugs
- Find something that is soft & snuggly
- Find something that you enjoy doing after dinner
- Find something delicious to eat
- Find a book that makes you happy when you read it
- Find something that keeps you warm when it is cold

THESE ARE ALL
THINGS YOU GET TO
BE GRATEFUL FOR!