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!

Conscious KIDS JOURNAL