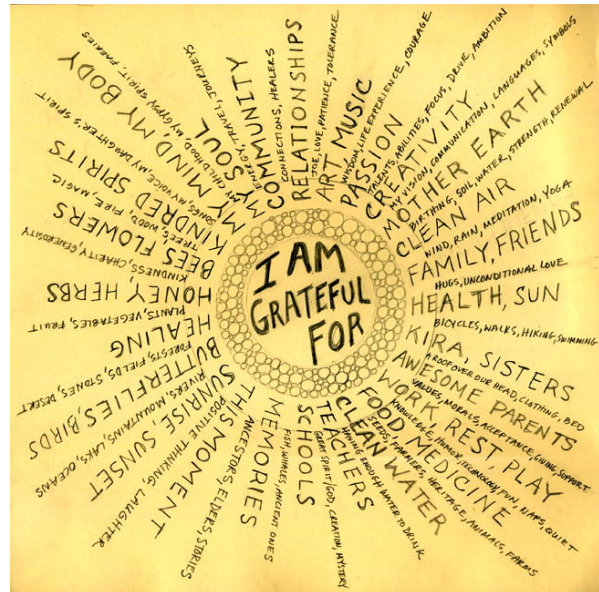


# Gratitude Scavenger Hunt

Expressing gratitude is proven to help individuals experience more positive emotions, improve their mental health, deal with adversity, and build strong relationships. Take time to complete this scavenger hunt; think about each object you find and the positive role it plays in your daily life.

- ❖ Find something outside you enjoy looking at
- ❖ Find something that is useful to you
- ❖ Find something that is your favorite color
- ❖ Find something you know someone else will really enjoy (And show them! 😊)
- ❖ Find something that makes YOU happy
- ❖ Find something that tastes yummy
- ❖ Find something that smells amazing
- ❖ Discover something new
- ❖ Find something or someplace that makes you feel safe
- ❖ Find something that makes a beautiful sound
- ❖ Find someone you are grateful for
- ❖ Find something that is unique to you
- ❖ Find something that makes you laugh
- ❖ Find something in the night that you enjoy
- ❖ Find something in the morning that brings you happiness
- ❖ Find a friend, family member or pet that you enjoy being with
- ❖ Find your favorite place to spend alone time
- ❖ Find something that reminds you of the people you love
- ❖ Find something you enjoy doing outside with friends
- ❖ Find a place that you love



Resource: <https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>