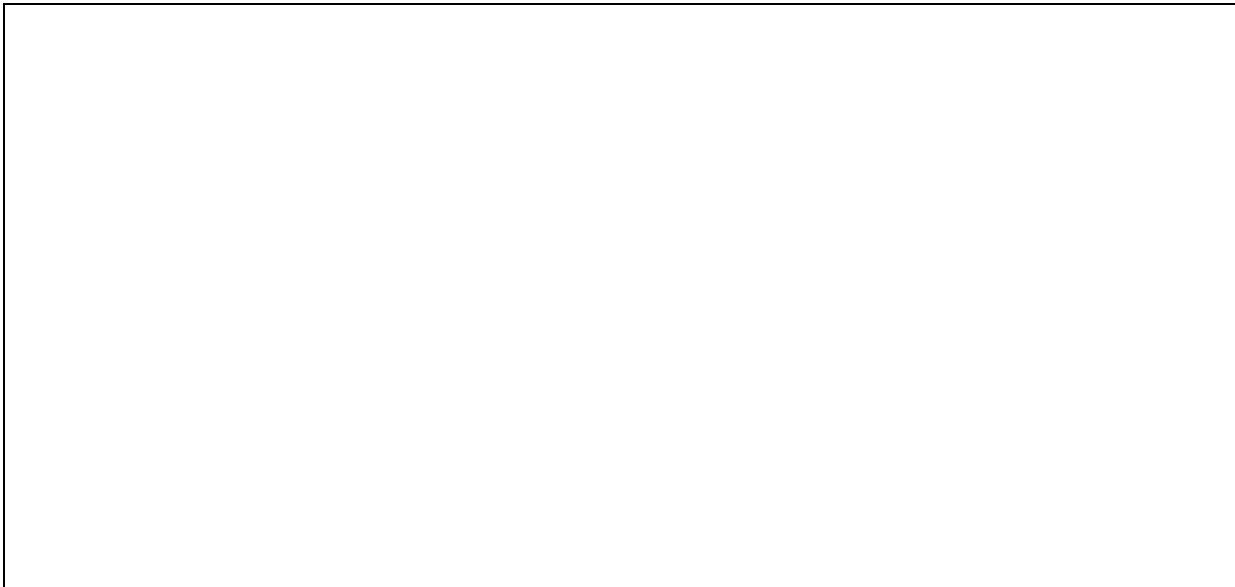


# Gratitude Scavenger Hunt

Look around your house to find the following! Only use things you can find to write down 😊

1. Something I love to play with is \_\_\_\_\_
2. Something that I love the smell of is \_\_\_\_\_
3. Something that I can give to someone else that will make them happy is  
\_\_\_\_\_
4. Something that is older than me is \_\_\_\_\_
5. Something that is younger than me is \_\_\_\_\_
6. Something I could use to make an art project out of is \_\_\_\_\_
7. Something that makes me feel strong is \_\_\_\_\_
8. Something that makes me laugh is \_\_\_\_\_
9. Something I never noticed before is \_\_\_\_\_
10. Something I love before bed is \_\_\_\_\_

Draw something that makes you happy.



Gratitude within

1. A skill I am thankful for is \_\_\_\_\_
2. Something awesome I did today was \_\_\_\_\_
3. Something I do that makes others happy is \_\_\_\_\_
4. Something I do that makes myself happy is \_\_\_\_\_
5. Something I love about myself is \_\_\_\_\_

I am thankful to you for finishing this activity! You rock!!! Please feel free to share with me or let me know what you thought at [www.amazingmeyoga.ie](http://www.amazingmeyoga.ie) or [www.facebook.com/amazingmekidsyoga](https://www.facebook.com/amazingmekidsyoga) or [www.instagram.com/amazing\\_me\\_yoga](https://www.instagram.com/amazing_me_yoga)