

Health & Wellbeing Challenge



An Attitude of Gratitude



Have you ever heard of the word gratitude before? **Gratitude is about focusing on what's good in our lives and being thankful for the things we have**, no matter how small or big they might seem. Listen and learn [this catchy song](#) about being thankful by The Juicebox Jukebox.

Gratitude scavenger hunt

Go on a gratitude scavenger hunt, to help you think about all the things you can be thankful for and the good around you. You could collect the things you find, take photos of them or write them down.

1. Find something outside you enjoy looking at.
2. Find something that is useful to you.
3. Find something that is your favourite colour.
4. Find something which will make someone else happy.
5. Find something which tastes good!
6. Find something that makes you happy.
7. Find something that makes you laugh.
8. Find something that makes you feel safe.
9. Find something that smells amazing.
10. Find your favourite place to spend alone time.
11. Find something that reminds you of the people you love.
12. Find something which is unique to you.
13. Discover something new.
14. Find something that you enjoy doing outside with friends.

