



# Gratitude Scavenger Hunt

Gratitude, thankfulness, or gratefulness, from the Latin word **gratus** “pleasing, thankful”, is a feeling of appreciation felt by and/or similar positive response shown by the recipient of kindness, gifts, help, favours, or other types of generosity, to the giver of said gifts

It’s time to put your shoes on, go out into the fresh air and find some things in your garden you are grateful for!

## Task:

1. Pick 10 ideas from the list below
2. Once you have found them, look / listen / feel / smell.
3. You can even take a photo of them for your record!

## Find something that...

<p>1</p>  <p>Makes you happy</p>	<p>2</p> <p>You could give to someone else to make them smile</p>	<p>3</p>  <p>You love the smell of</p>	<p>4</p> <p>Is interesting to look at</p>	<p>5</p> <p>Represents each colour of the rainbow</p> 
<p>6</p>  <p>You could make into a gift for someone</p>	<p>7</p> <p>Is useful for you</p>	<p>8</p> <p>Has a pattern to it</p> 	<p>9</p>  <p>Snaps or crunches</p>	<p>10</p>  <p>You can make music with</p>
<p>11</p> <p>Is prickly</p>	<p>12</p>  <p>You could eat</p>	<p>13</p> <p>Is very tiny</p>	<p>14</p> <p>Makes your garden healthy</p>	<p>15</p>  <p>You are thankful for in nature</p>

