

*I can pause*

*I can communicate  
courageously*

**I can listen with  
curiosity**

*I can practice  
appreciation*

*I can make  
mistakes*

*I can invite others*

**I am  
AMAZING!**

# Gratitude Scavenger Hunt

## Remember to be mindful

Mindfulness means paying full attention to something.  
It means slowing down to really notice what you're doing.

### Find something that...

1. Makes you smile
2. Is your favourite colour
3. Fascinates you
4. You find beautiful
5. Surprises you
6. You appreciate
7. Has texture and feels nice to touch
8. Makes you think
9. You need to read
10. Smells amazing
11. You have grown up with
12. You can look after
13. Needs your help
14. Has perfect symmetry
15. You can see yourself in
16. Fills you with joy
17. You can share with others
18. Helps you to relax
19. You can make a pattern with
20. Moves gently
21. Is soft and cuddly
22. You can sit and doodle on
23. You are thankful for in nature
24. You can lie on to look up at the clouds
25. Reminds you of a happy memory
26. You can share with a friend
27. Someone you love has given you
28. You could give as a gift to someone else
29. You can hold in the palm of your hand
30. You want to keep forever

### You could use a device to...

- 📷 Photograph your favourite find.
- 🗣️ Record a reflection on your hunt, what was easy, what was the hardest thing to find?
- 🎥 Make a movie, you could try using the CLIPS app it's so much fun.
- 👤 Create a Scavenger Hunt for someone else.

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