

## Gratitude Scavenger Hunt

### What to do:

1. Engage in conversation with your child today about being thankful, showing appreciation, and showing kindness towards others.
2. Give them examples of a time when YOU were thankful, showing appreciation, and showing kindness towards others.
3. Use the list provided to have a “Gratitude Scavenger Hunt” indoors or outdoors today!

### Materials:

List Provided Below

## GRATITUDE SCAVENGER HUNT

primaryplayground

- Find something that is your favorite color.
- Find something that makes you feel safe.
- Find something that smells good.
- Find something you love.
- Find something that tastes good.
- Name a place you love to go.
- Find something outside you like.
- Name an activity you love to do.
- Find your favorite toy.
- Find something you like to play with.
- Name 3 people you are thankful for.
- Find something that makes you smile.
- Name something you are proud of.
- Find someone you can help today.
- Name a good thing about YOU!



### Why is this activity important?

This “Gratitude Scavenger Hunt” activity is important because children express some sense of thankfulness and desire to be appreciated all the time. It is our role as parents and educators to model appreciation and reflect those genuine feelings back to the child. It explores social emotional and language development by encouraging children to use their words to recognize and express their feelings.