

# Summer Wellness Challenge



## Gratitude Scavenger Hunt Items<sup>1</sup>

- Find something that brings a smile to your face.
- Find an item to give someone else to make them happy.
- Find something you love to look at.
- Find something you like the smell of.
- Find something that represents your favorite color.
- Find something you are thankful for in nature.
- Find something that you use for self-care.
- Find something that tastes good.
- Find something that is unique to you.
- Find something that makes you laugh.
- Find something that represents your favorite place to spend time.
- Find something that makes you feel safe and comforted.
- Find something you are grateful for.
- Find something that reminds you of people you love.
- Find something that makes a sound you love OR a song you love.
- Find something that you cannot live without.

<sup>1</sup> Says, D., Says, K., Says, G., Says, A., & Says, D. (2020, January 20). The Best Gratitude Scavenger Hunt for Kids and Adults. Retrieved from <https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>