

be  
GRATEFUL

PART 2

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# GRATITUDE

## SCAVENGER HUNT

1

2

3

4

5

Let's see if you can complete this scavenger hunt from where you are sitting right now.

Look around the room you're in. See how many things you can find from the list below. As you find them, draw them on the previous page.

### Something I am grateful for that...

- 1** I enjoy looking at.
- 2** I am thankful to have.
- 3** is my favourite color.
- 4** is useful to me.
- 5** I can share with someone else.





Ask your JOURNAL BUDDY about one good thing that happened to them today and why they're grateful for it.

***NOW IT'S YOUR TURN!***

Describe one good thing that happened to you today and why you're grateful it happened.

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How do you feel about today?



What can you do to make tomorrow a super day?

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- it's Not -

HAPPY PEOPLE

WHO ARE  
thankful.

IT'S THANKFUL

PEOPLE WHO ARE

HAPPY




# JUST FOR FUN

What are three things (or people) that make you smile?

1. \_\_\_\_\_

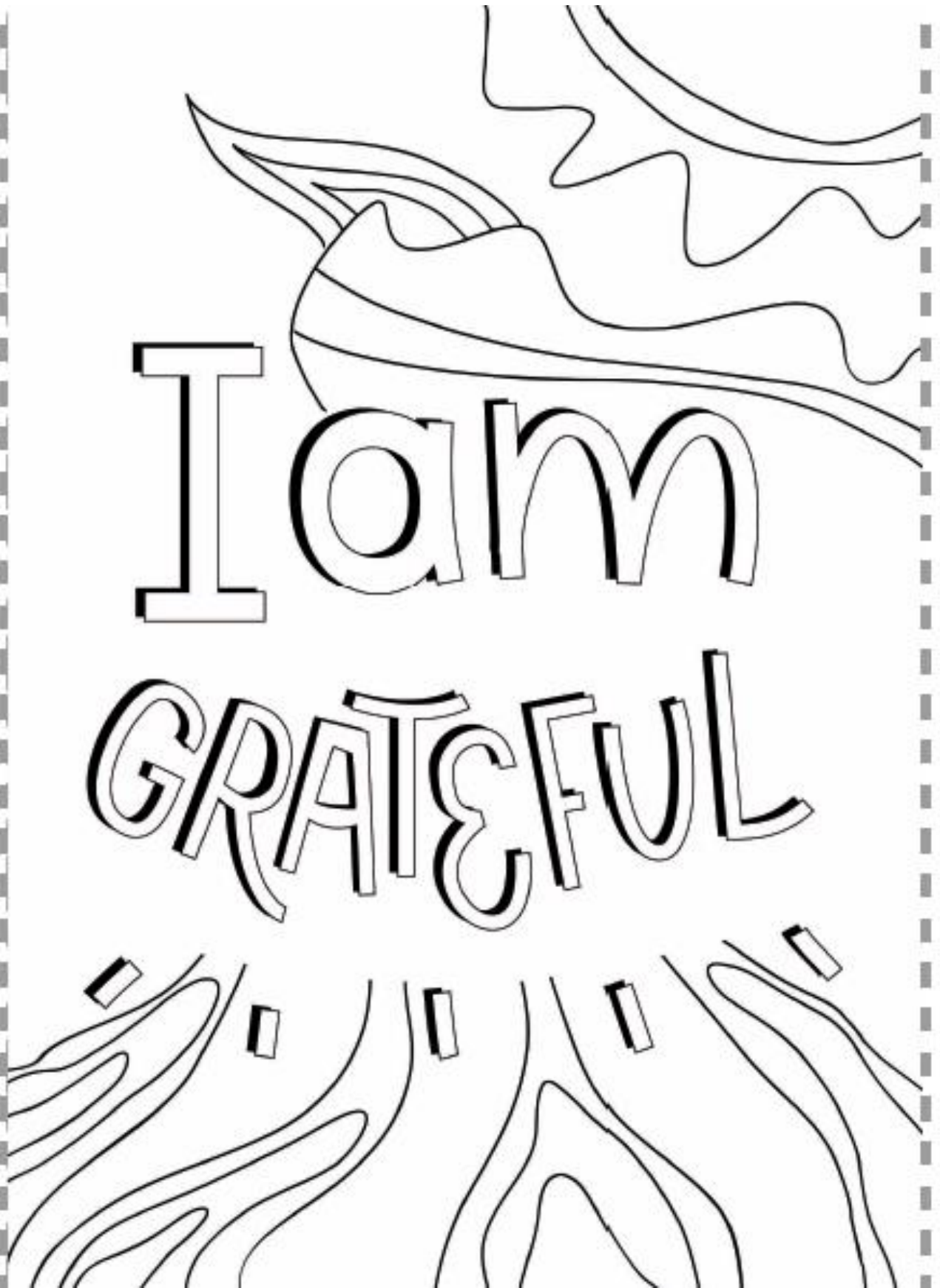
2. \_\_\_\_\_

3. \_\_\_\_\_

 Draw or describe one or more of them below.







I am

GRATEFUL