

Weekend Attitude of Gratitude Family Challenge!

On World Mental Health Day, we would usually involve the whole family by hosting a morning 'Wake Up, Shake Up' event and having a display of work in the playground at the end of the day. As we are not able to do these things this year, we are setting you this **Attitude of Gratitude** Family Challenge to complete over the weekend. The children have today been focussing on what they are grateful for and practising using this as a tool to improve their wellbeing. Remember: *"When some things go wrong, take a moment to be thankful for the many things that are going right."*

Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love