



PURE BEGINNINGS CONNECTED FAMILY SERIES // WEEK TWO

# GRATITUDE SCAVENGER HUNT

IN PARTNERSHIP WITH **DR. JENNY ROSE**, PARENT CHILD EXPERT

## HOW IT WORKS:

Each family member takes a turn to read an item off the list, following that, each member must aim to return something that fits with the criteria, as quickly as possible.

Once all members have found an item, you move onto the next item. Each member takes turns to reflect on why they chose the item they did, and what about it brings thankfulness.



<b>1.</b> FIND SOMETHING THAT <b>MAKES YOU HAPPY</b>	<b>2.</b> FIND SOMETHING THAT HAS YOUR <b>FAVOURITE COLOUR</b>	<b>3.</b> FIND SOMETHING THAT BRINGS BACK A <b>GOOD MEMORY</b>	<b>4.</b> FIND SOMETHING THAT SHOWS A SKILL <b>YOU HAVE LEARNT</b>
<b>5.</b> FIND SOMETHING THAT REMINDS YOU OF <b>SOMEONE YOU LOVE</b>	<b>6.</b> FIND SOMETHING THAT <b>MAKES YOU LAUGH</b>	<b>7.</b> FIND SOMETHING THAT MAKES YOU <b>YOU FEEL LOVED</b>	<b>8.</b> FIND SOMETHING THAT YOU <b>FEEL LUCKY TO HAVE</b>

## THIS ACTIVITY IS FOCUSED ON THE FOLLOWING GOALS:

- This game encourages your child to pair the feeling of gratitude together with an experience.

*Through this, we are helping to create experiential learning, which is far more likely to 'stick' than mere rote learning, we were are forcing gratitude.*

- Encourages gratitude for smaller things.

*When we are able to shift our perspectives slightly, we are able to see how much there is to be thankful for in our every day living. How much of this that usually just passes us by.*

- We want to spend this week making a conscious effort to identify and point these moments out for our kids, and harbour that sense of gratitude in them.

- All these areas are actually ways of tapping into gratitude a little more indirectly. We often expect gratitude to be about thankfulness, but sometimes the door to thankfulness is reflection. This activity encourages you and your kids to reflect on good past experiences, skills they have, people that love them, happy times, and items that bring joy. These all provide a platform for building gratitude.