

A GRATITUDE Scavenger Hunt

Please note: photographs below are given as examples only...what you find will be special to you...if you would like to share photographs of your gratitude hunt, please email parks@lichfielddc.gov.uk - we'd love to see your adventures...



Something that
is your favourite
colour

E.g. I love the colour red and spotted these beautiful berries



Something that is
useful to an animal

E.g. bumpy bark on a tree is useful as shelter to tiny animals, such as beetles.



Something that
makes you smile

E.g. finding something I have never seen before makes me smile as it reminds me there is always something new to discover, if I look closely enough...



Something that
makes you laugh

E.g. finding an 'eye' on a tree trunk makes me laugh as they can look very realistic!



Something that
reminds you of
a person you
love

E.g. A stick - reminds me of my son - he loves playing with sticks when we go on walks.



Something you are
grateful for

E.g. I am grateful for trees because they give us oxygen

What to do: being amongst nature and practising gratitude are great ways of reducing stress and can also be fun! See how many you can discover today - if you have a smartphone, you could take a photograph of this poster and use the edit function to help you. Copies can also be downloaded from our website: www.lichfielddc.gov.uk/winterhunt