Pause for a few moments of gratitude with this scavenger hunt.

**Things to Look For**

- Something that makes you smile
- Something that tastes good or smells good
- Something that is your favourite colour
- Something outside that you like
- Something that makes you feel safe
- Something that makes you feel cozy
- Find a person you are thankful for
- Something you consider beautiful around you
- A kind act (i.e. someone sharing, a person letting someone go ahead in line, etc)

**Gratitude Quotes**

“This a wonderful day. I’ve never seen this one before.” Maya Angelou

“When eating fruit, remember the one who planted the tree.” Vietnamese Proverb

**Thank You**

How do you like to say thank you? Listen to SENĆOTEN at [firstvoices.com](http://firstvoices.com) and use Google Translate for many other languages.

- Arabic = شكراً
- Chinese = 谢谢
- Dutch = Bedankt
- French = Merci
- German = Danke
- Japanese = ありがとう
- Korean = 감사합니다
- Lekwungen = Hay’sxw’qa si’em

**Books & More**

Look for these resources at [gvpl.ca](http://gvpl.ca)

- Find LinkedIn Learning videos and courses at [gvpl.ca/digital](http://gvpl.ca/digital). Search ‘gratitude’ for everything from journaling to courses on compassion.

- We are Grateful: Otsaliheliga by Traci Sorell (kids)

- A Year of Living Kindly: The Choices That Will Change Your Life and the World Around You by Donna Cameron (adults)