



This activity facilitates consolidation of: PSHEE, Science & DT.



Francois' Gratitude Hunt

January 2021

After an excessive festive period, re-connect with your inner-self and search for all of the things around you that you are thankful for.



Find a place which makes you feel happy.	Find something to give to someone else to make them smile.
Find one thing which you like the colour of.	Find one thing which you have never noticed before.
Find one thing which you like the feel of.	Find one thing which you enjoy looking at.
Find one thing which you find interesting.	Find something that could be useful for you.
Collect one thing which could be used to make into a gift for someone else.	Find something which you would like to find out more about.