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| --- | --- | --- |
| One thing that makes you happy … | One thing that you enjoy looking at … | One thing that you are thankful for in nature … |
| One thing that is your favourite colour … | One thing that you like to smell … | One thing that inspires you in nature … |
| One thing you want to find out more about … | One thing that feels nice to touch … | One thing that you have never seen before … |

**Gratitude Scavenger Hunt**

What can you fill in as your walk or sit in the South Downs National Park?

You can draw pictures or write words in each box. It is important to spend time enjoying your items and thinking about why they are special to you. You do not need to finish every box.