

# FIND THE GOLD

A Free Gratitude  
Morning Meeting  
Activity

Notice it. Name it. Appreciate it.



# LOOK FOR THE GOLD

Look around you. What is one ordinary person, place, thing, or moment that makes your day better—but you usually don't stop to notice?

Sometimes the best things are hiding in plain sight.



# MY GRATITUDE GOLD HUNT



A person who helps me



A place that makes me feel safe or comfortable



Something that makes my day easier



A small moment that made me smile



Something I usually take for granted



Something about myself I appreciate



The gold I almost missed was...

Name the little things that make life brighter.



# KEEP LOOKING FOR THE GOLD

What changed when you deliberately looked for something to appreciate?

Love this activity?

Explore Gratitude Morning Meetings, the Gratitude Homeroom Challenge, and more from The Culture Counselor Co.



Build a culture of gratitude one moment at a time.



# LOOK FOR THE GOLD

Notice it. Name it. Appreciate it.

Look around you. What is one ordinary person, place, thing, or moment that makes your day better—but you usually don't stop to notice?



A person I appreciate



A place that makes me feel good



Something that helps my day



A small moment I noticed today



Why this is special to me



The gold I found today was...

Sometimes the best things are hiding in plain sight.



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Thank you for supporting The Culture Counselor Co.! I hope this resource helps you build connection, culture, and community in an engaging, meaningful, and easy-to-implement way.

#### **ABOUT THE CULTURE COUNSELOR CO.**

The Culture Counselor Co. creates ready-to-use resources that help school counselors and educators build positive school cultures through morning meetings, character education, school-wide initiatives, team-building activities, and community-building experiences.

My mission is simple: Build school culture—without the overtime.

#### **♥ LOVE THIS RESOURCE?**

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Share your successes! I love seeing how these resources are being used to create positive school cultures.

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