

# MY MONTH OF WHAKAWHETAI

Each day, note someone or something you're grateful for, and why. E.g. *My friend Naomi because he gave me a GREAT idea for my school project.*

## WEEK TAHI

Rāhina | **Monday**

.....

.....

Rātu | **Tuesday**

.....

.....

Rāapa | **Wednesday**

.....

.....

Rāpare | **Thursday**

.....

.....

Rāmere | **Friday**

.....

.....

## WEEK RUA

Rāhina | **Monday**

.....

.....

Rātu | **Tuesday**

.....

.....

Rāapa | **Wednesday**

.....

.....

Rāpare | **Thursday**

.....

.....

Rāmere | **Friday**

.....

.....

Write down your favourite sights, smells and sounds you've noticed recently.

### FAVOURITE SIGHTS

1. ....

2. ....

3. ....

### FAVOURITE SMELLS

1. ....

2. ....

3. ....

### FAVOURITE SOUNDS

1. ....

2. ....

3. ....

**WEEK TORU**

Rāhina | **Monday**

Rātu | **Tuesday**

Rāapa | **Wednesday**

Rāpare | **Thursday**

Rāmere | **Friday**

**WEEK WHA**

Rāhina | **Monday**

Rātu | **Tuesday**

Rāapa | **Wednesday**

Rāpare | **Thursday**

Rāmere | **Friday**

**Gratitude Scavenger Hunt**

What is outside you enjoy looking at?  
.....

Notice something that is your favourite colour  
.....

What is something that makes you laugh?  
.....

What is something that reminds you of someone special in your life?  
.....

Draw or write some things that make you harikoa (happy)?



1.	2.	3.
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Find out more:  
[sparklers.org.nz/activities/gratitude-oclock/](http://sparklers.org.nz/activities/gratitude-oclock/)

