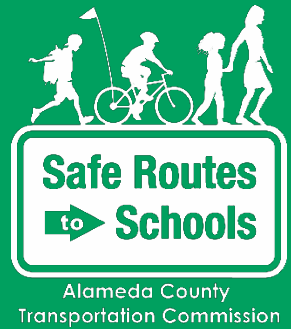




# Wellness Walks

## December

Learn more at [alamedacountysr2s.org](http://alamedacountysr2s.org)



**Theme:** December's Wellness Walk theme is GRATITUDE!

**Gratitude** is feeling thankful and appreciative of what and who we have. Practicing gratitude has many positive physical and mental health benefits, such as making us feel happier, strengthening relationships, reducing anxiety, building confidence, and creating a positive outlook in our lives.

### Activities:

- Go on a gratitude scavenger hunt! Find and say thank you to things on your walk that you're grateful for. For example, you might thank trees for oxygen, or birds for singing.
- Go on a walk with someone and tell them why you are grateful for them.
- Before you go on your walk, watch this [video](#) about gratitude, make a list of the things that you're grateful for, and then share the reasons you're grateful on your walk.

Make sure to use [these helpful tips](#) on your walk!



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