

Name: _____

Start Date: _____

30 Days of GRATITUDE

Complete a gratitude activity each day for 30 days. Place a check next to each one you complete.

Day 1: Thank a parent. _____

Day 2: Find three things in your room that you're thankful for. _____

Day 3: Take deep breaths and practice gratitude for your body. _____

Day 4: Draw a picture of five things you are grateful for. _____

Day 5: Look for beauty around you. Share what you see! _____

Day 6: Write a letter of thanks. _____

Day 7: Thank a friend. _____

Day 8: Take a moment to practice gratitude before each meal you eat today. _____

Day 9: Create a poster to inspire others to practice gratitude. _____

Day 10: Share something you are grateful for that happened today. _____

Day 11: Close your eyes and practice gratitude. Share how it feels. _____

Day 12: Write about an animal you are glad exists. _____

Day 13: Think of a smell you are grateful for. _____

Day 14: Imagine life without colors. Appreciate the colors you see! _____

Day 15: Thank a teacher. _____

Day 16: Write a paragraph/essay about what gratitude means to you. _____

Day 17: Share a feeling that you are grateful for. _____

Day 18: List 10 parts of your environment you are thankful for. _____

Day 19: Think of a taste you are grateful for. _____

Day 20: Draw a picture of someone you are grateful for. _____

Day 21: Thank a community member. _____

Day 22: Share something you are grateful to be able to see. _____

Day 23: Write a thank you note to your trash collector, mail person, or mechanic. _____

Day 24: Imagine your life without others. Be grateful to those around you. _____

Day 25: Write ten things you love about your life. _____

Day 26: Draw a pretty picture of Thanks and give it to an elderly person. _____

Day 27: Share a funny memory that you are grateful for. _____

Day 28: Think of a sound you are grateful for. _____

Day 29: Leave an anonymous note of thanks. _____

Day 30: Thank a family member. _____