



Day 1: Write letters to send to a nursing home	Day 2: Draw a picture for someone to let them know you care	Day 3: Start a family gratitude jar. Write one thing you are thankful for each day and add to the jar.	Day 4: Facetime a friend or family member and tell them how much they mean to you.	Day 5: Donate canned goods to your local food pantry
Day 6: Think about your many talents. What gift can you share with the world?	Day 7: Look for the good in every day. What is something positive that happened today? Can you represent it through art?	Day 8: Find a cause you are passionate about in your community. What do they need? How can you help?	Day 9: Make a gratitude journal to add to your bedtime routine. Personalize it with pictures and words that represent you!	Day 10: Make homemade thank you cards like these crayon resist cards: https://happyhooligans.ca/crayon-resist-art-for-kids/
Day 11: Go on a gratitude walk. Share what you are grateful for along the way!	Day 12: Read books that foster gratitude such as "The Thank You Book" by Mo Willems or "Thank you, Mr. Panda" by Steve Antony	Day 13: Paint rocks with positive messages to leave outdoors for others to find. Kindness rocks! Learn more here: https://www.thekindnessrocksproject.com/	Day 14: Make friendship bracelets	Day 15: Play a gratitude game. Use a color or number placed in a bucket to represent each of the following: Share a place you love, share a happy memory, name a special person (and something special about them), share something special about yourself. Take turns answering



<p>Day 16: Practice Gratitude Yoga here: https://www.kidsyoga.com/wp-content/uploads/2016/11/Lesson-Plan-for-The-Secret-of-Saying-Thanks-Joie-Scott.pdf</p>	<p>Day 17: Play a gratitude guessing game. Give 3 clues about what you are thankful for and have another person try to guess.</p>	<p>Day 18: Make a gratitude collage. Use words and pictures in magazines or other found objects to represent what you are grateful for.</p>	<p>Day 19: Make pet toys for your local animal shelter.</p>	<p>Day 20: Bake a special treat for someone just because.</p>
<p>Day 21: Write and illustrate your own thankfulness story. Think about a happy memory, someone special or a favorite place for inspiration.</p>	<p>Day 22: Make positive post-its with words of encouragement and hide them around your house for others to find.</p>	<p>Day 23: Play a game naming people, places and things you are thankful for from A to Z. Can you name something beginning with each letter?</p>	<p>Day 24: Decorate a gratitude box to save special letters, mementos, and other things you are thankful for.</p>	<p>Day 25: Make and mail cards to your local firefighters, police, and paramedics.</p>
<p>Day 26: Listen to "The Last Stop on Market Street" and talk about the ways Nana teaches CJ gratitude. How can you find beauty in the little things?</p>	<p>Day 27: Play Gratitude Charades by taking turns acting out one thing you are thankful for.</p>	<p>Day 28: Spread kindness by drawing positive messages with sidewalk chalk on your driveway.</p>	<p>Day 29: Practice an attitude of gratitude. Take time each day for gratitude reflection by sharing positive moments from your day at dinner.</p>	<p>Day 30: Come up with positive words of affirmations to tell yourself every day!</p>