

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:** Complete a gratitude activity each day for 30 Days.  
Place a check next to each activity that you complete.

# 30 Days of Gratitude

					1 Thank a parent.	2 Find three things in your room that you're thankful for.
3 Take deep breaths and practice gratitude for your body.	4 Draw a picture of five things you are grateful for.	5 Look for beauty around you. Share what you see!	6 Write a letter of thanks.	7 Thank a friend.	8 Take a moment to practice gratitude before each meal you eat.	9 Create a poster to inspire others to practice gratitude.
10 Share something you are grateful for that happened today.	11 Close your eyes and practice gratitude. Share how it feels.	12 Write about an animal you are glad exists.	13 Think of a smell you are grateful for.	14 Imagine what life would be like without colors. Appreciate the colors you see!	15 Thank a teacher.	16 Write a short essay about what gratitude means to you.
17 Share a feeling that you are grateful for.	18 List 10 parts of your environment you are thankful for.	19 Think of a taste you are grateful for.	20 Draw a picture of someone you are grateful for.	21 Thank a community member.	22 Share something you are grateful to be able to see.	23 Write a thank you note to your garbage collector or your school's custodian.
24 Imagine what life would be like without other people. Be grateful for those around you.	25 Write 10 things you love about your life.	26 Write a thank you note to your mail carrier.	27 Share a funny memory that you are grateful for.	28 Think of a sound you are grateful for.	29 Leave an anonymous note for someone telling what you appreciate about them.	30 Thank a family member.