

Month One: Gratitude

"Saying 'thank you' and meaning it"

- be grateful for not only things and experiences, but also life's challenges
- need to have a match between the words ("Thank You") and the feeling (gratitude)

Questions for Thought:

1. What does it mean to feel grateful?
2. What do you feel when you say "Thank You" to someone?
3. How can I be grateful when I've had a bad day or been challenged?

Daily Exercise: The Gratitude Board

Supplies: "We're Thankful for" sheet, colorful markers

How it works: Write one thing each family member is grateful for each day.

Variations: large poster board, calendar, or dry erase board; post to social media; create gratitude board on computer (word processor or website like Wordle.net); video recording.

Weekly Exercise: Rewind

Supplies: None

How it works: Choose something your child is grateful for and "rewind" through the process of that thing getting to your child. Explore the journey this item took so that you could be grateful for it.

Variations: For young children, focus on 2-3 steps only; draw pictures to illustrate the journey.

One-Time Exercise: The "Thanks for Nothin" Letter

Supplies: "Thank you" paper, pen/markers/crayons

How it works: Write a letter to someone expressing gratitude for them, and the fact that they are in your life.

Variations: Thank you cards/drawings/stationary; phone call; email