

Developing an Attitude of Gratitude



An attitude of gratitude means making it a habit to express thankfulness and appreciation in all parts of your life, on a regular basis, for both the big and small things alike.
(goodjobpal.com)

Take some time today to focus on gratitude together. Below are ideas for crafts, journaling, a scavenger hunt, and letter writing. Start today and then continue your attitude of gratitude each day!

Ideas for Crafts

Make a Tree of Thanks or a Thanksgiving Turkey. Use these to decorate for the upcoming Thanksgiving holiday and include the things you add to your tree or turkey in your daily prayers.

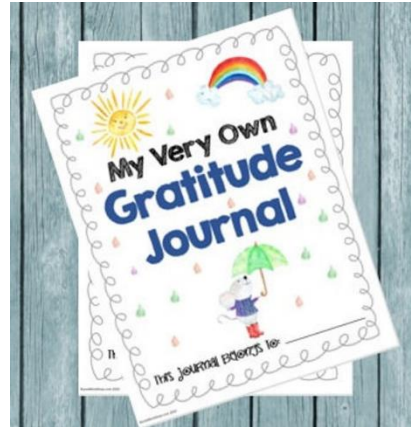


Tree of Thanks
a showcase of gratefulness



Journaling

You can use a notebook or journal you have or create your own using blank paper. Have fun decorating your journal to make it your own. Start today by considering one of the journal prompts below and then take some time each day to continue your journal. Journal entries can also include drawings or pictures.



Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that your feel grateful for.

Scavenger Hunt

Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

