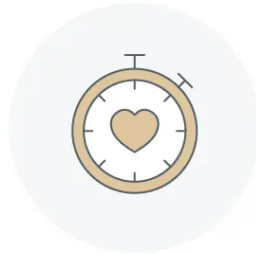


7 Ways to Foster Gratitude in Children



MODEL GRATITUDE

Demonstrate
through your own
gratitude



SPEND QUALITY TIME

Model mindfulness
and empathy
Cultivate appreciation



SUPPORT THEIR AUTONOMY

Build their
strengths and talents
Encourage
ownership of actions



USE THEIR STRENGTHS TO FUEL GRATITUDE

Create
opportunities for
them to be helpful



SUPPORT INTRINSIC GOALS

Recognise their
intrinsic-led behavior
Steer from
materialistic goals



ENCOURAGE THEM TO HELP OTHERS

Model helpfulness
Volunteer with them



HELP THEM FIND WHAT MATTERS

Explore their sense
of purpose

MORNING GRATITUDE AFFIRMATIONS

- Thank you for this new day.
- I'm filled with happiness and gratitude.
- I'm grateful for another chance to live my life.
- I'm grateful to feel the air in my lungs and the beating of my heart.
- I'm thankful simply for being alive.
- Thankfulness, appreciation, and sincere gratitude are part of who I am.
- I'm grateful for who I am and for what I have.
- I invite gratitude into my heart.
- Today I will have an attitude of gratitude.
- Thank you for the blessings this day will bring.

Why I'm Grateful



I am grateful for my family because... _____



Something good that happened this week... _____



I am grateful for my friendship with... _____ because... _____



I am grateful for who I am because... _____



Something silly that I am grateful for... _____



Something else I am grateful for... _____

gratitude CHALLENGE

DAY 1—Get a journal to keep track of your journey. Write down at least 10 things you are grateful for.

DAY 2—Write down a list of the people you are most grateful for. Next to each name write why you're grateful for them.

DAY 3—Visit someone today and take them a surprise. Write them a note about how grateful you are for them.

DAY 4—Smile at everyone you see today and give compliments generously.

DAY 5—Volunteer to help someone or at someplace in need.

DAY 6—Spend the next week or two getting to know your neighbors by visiting a different one each day.

DAY 7—Take pictures of things you are grateful for and make a vision board to help remind you

DAY 8—Send friends and family members texts letting them know you are thinking about them

DAY 9—Focus on staying positive today (and in the future).

DAY 10—What is something that has happened recently that you are grateful for?

DAY 11—What scriptures are you grateful for?

DAY 12—Instead of getting offended, looking for ways to understand those around you better.

DAY 13—What are some of your talents that you are grateful for? What are talents in others you are grateful for?

DAY 14—What music are you grateful for? How can you share that with others?

DAY 15—Write down 5 things you love about yourself

DAY 16—What is something about your spouse/significant other or an important person in your life that you are grateful for?

DAY 17—Who is someone that inspires you? What are you grateful for about them and what they do?

DAY 18—Visit a senior care center and take treats, visit, or entertain them.

DAY 19—What is something about nature that you love? Why are you grateful for it?

DAY 20—Be grateful for your senses. Use them today to find joy in every sight, smell, taste, touch, and sound.

DAY 21—Do 5 Random Acts of Kindness today.

DAY 22—Sit by someone new at lunch or go out to lunch with someone.

DAY 23—What are you grateful for about where you live?

DAY 24—What animals are your favorite? What are you grateful for about them?

DAY 25—What are your favorite kinds of flowers/plants? Why are you grateful for them?

DAY 26—Take treats to your local firefighters/Law Enforcement as thanks for their dedication and hard work.

DAY 27—Focus on things you are looking forward to. Why are you excited for them?

DAY 28—Find a way to thank a member of the armed forces for their service.

DAY 29—Do something that brings you joy

DAY 30—Continue your gratitude journal throughout the year keeping track of all things positive.



10 things you're thankful for

@Tsroxyjames

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



30 DAYS TO GET YOUR LIFE TOGETHER CHALLENGE

5 WAYS TO GROW YOUR GRATITUDE



1 3 FUNNY THINGS

Think about 3 funny things that happened today.

How did you feel at those times?

2 GRATEFUL CHAT

Choose a time and place to make this a habit (such as your dinner table, picking kids up from school, bedtime...). Practice asking your partner, your kids, or a friend:

"What was your favorite part of the day?"
or "What went well today?"

3 MENTAL SUBTRACTION

Reflect on an aspect of your life for which you are grateful. How would your life be different without it?

What might have happened if...

4 FIND YOUR SILVER LINING

Think about a difficult life event, and consider how that experience made you stronger.

How did you grow? What strengths came from your experience?

5 GRATITUDE VISIT

Write a letter to someone who made a difference in your life. Then go visit that special person—whether it's next week or sometime soon.

During your visit, read your letter out loud. And give it to her or him before you leave.

Gratitude Exercises to Try

- Make a list of everything you're thankful for
- Thank your loved ones
- Reframe your negative thoughts
- Appreciate your community
- Give thanks before meals
- Savor your morning routine
- Focus on self-reflection
- Journal with intention



Easy ways to practice gratitude.

Practicing gratitude doesn't require any grand gestures, just a little time and thoughtfulness. Find something that works for you and keep at it.



Keep a journal.

Writing down good moments from the day or a quick list of what you're thankful for keeps those feelings top of mind. Plus, you'll have a written reminder.

Spend time with loved ones.

Helping or spending time with people you care about is a sure way to increase feelings of happiness and gratitude. Celebrate the chance to be together.



Take time to give back.

Volunteering, no matter what you do, not only helps your community, it also can help your own well-being and give you a different perspective.

Say “thank you” often.

Expressing gratitude can strengthen relationships—it feels good to be appreciated! Write a note or say it directly, just be genuine and specific.



Go for a walk outside.

Existing in nature can give your brain a break from to-do lists and responsibilities. Practice truly being present for, and appreciating, every moment.