

# #30DAYS OF GRATITUDE



1

FAMILY

Have family game night

2

CREATION

Go for a walk

3

YOUR BODY

Play Simon says

4

YOUR COUNTRY

Write letters to soldiers

5

WARMTH

Cozy up under a blanket for a movie

6

EYES TO SEE

Play I Spy

7

WORDS

Leave something special for the mailman

8

COLORS

Everyone wear a chosen color

9

EARS TO HEAR

Dance party

10

SAFETY

Take cookies to the police station

11

LAUGHTER

Watch a funny movie

12

NOSE TO SMELL

Deliver flowers

13

MEMORIES

Look at old pictures

14

GOD'S WORD

Memorize a new verse together

15

KNOWLEDGE

Checkout a non-fiction book

16

MOUTH TO TASTE

Bake cookies

17

TEACHER

Give a gift card

18

WORDS

Give a compliment to each member of your family

19

HOME

Do an extra chore

20

YOUR SKILLS

Try something new

21

NEIGHBORS

Drop off a treat

22

FRIENDSHIP

Write a note to a friend

23

THE FUTURE

Set 5 goals for your family

24

TOYS

Donate a bag of toys to someone in need

25

YOURSELF

Draw a self-portrait

26

KINDNESS

Take someone's cart inside for them

27

ART

Do a fall art project

28

WHAT \$ CAN'T BUY

Talk about it over ice cream

29

YOUR HEALTH

Make a healthy choice

30

FOOD

Try a new recipe

