

# 30 Days of *Gratitude*

Take a moment and create an attitude for gratitude!

List out your answers or complete mindful, kind acts to appreciate what you're grateful for and help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Name 3 things you are grateful for.	What smell are you grateful for?	Think of 2 things you enjoy most about school.	Tell your best friend what your favorite thing about them is.	Name a song that makes you happy... <i>Now listen to it!</i>	Give someone a compliment.	Do an act of kindness for someone.
Name one thing that makes you smile...	Think of a way someone has helped you.	Make someone laugh.	Do a chore without being asked.	Name something beautiful you saw today.	Offer to help a family member or friend.	Share your favorite joy.
Give someone a hug.	Write a handwritten note to someone.	Do something you love.	Take a dance break.	Enjoy a screen free day.	Call someone and let them know you miss them.	Hide a happy note for someone to find.
Tell someone all the reasons you like them.	Share your favorite book with someone.	Smile at a stranger.	Congratulate someone on something cool they did.	Draw someone a picture.	Forgive someone.	Sing with all your heart.
Think about something you're good at.	Look in the mirror and congratulate yourself for completing 30 days of gratitude!	<b>Write down three things you noticed or learned after 30 Days of Gratitude...</b> 1. 2. 3.				