



Spring Gratitude Challenge

How many of these ideas can your family complete by the end of spring?

WRITE A THANK-YOU NOTE TO SOMEBODY.

TAKE SOME PHOTOS OF PEOPLE YOU ARE GRATEFUL FOR.

CREATE AN ARTWORK SHOWING 3 THINGS YOU ARE GRATEFUL FOR.

LIST THREE GREAT THINGS THAT HAPPENED TODAY.

GO FOR A WALK AND APPRECIATE YOUR SURROUNDINGS.

WHAT IS DIFFERENT TODAY THAN A YEAR AGO THAT YOU ARE GRATEFUL FOR?

DRAW A PICTURE OF A PLACE YOU ARE GRATEFUL FOR.

WHAT IS SOMETHING YOU DO EACH DAY THAT MAKES YOU HAPPY?

WHAT SKILLS DO YOU HAVE THAT YOU ARE THANKFUL FOR?

MAKE AND DECORATE A LIST OF THINGS THAT NEVER FAIL TO MAKE YOU HAPPY.

WANDER THROUGH YOUR HOME AND TAKE PHOTOS OF THINGS THAT YOU ARE GRATEFUL FOR.

WRITE A LETTER TO SOMEBODY TELLING THEM WHAT YOU APPRECIATE ABOUT THEM.

MAKE A PLAYLIST OF SONGS THAT MAKE YOU HAPPY.

LIE IN THE GRASS AND APPRECIATE THE SKY.

DRAW A MEMORY THAT YOU ARE GRATEFUL FOR.