

THE FAMILY

Gratitude

CHALLENGE



*Easy activities for the whole family
to cultivate a mindset of thankfulness*



WHERE'S THE HOLIDAY *magic?*

When you were looking forward to being a parent and building a family, you probably imagined that this time of year would be magical. Now, it's easy to look around during this season and wonder, "Why is this all so stressful?" The lines between work, home, and school may have become blurry. With travel, the expectations of extended family and friends, and the logistics of just trying to get everything done—all piled up with the pressure to be a perfect parent—you definitely feel manic but maybe not much magic.

First, take a deep breath. You got this. **Here are some easy, fun activities for the whole family to do that will help everyone cultivate some gratitude magic.**

Activities include:

*** COLOR ME GRATEFUL**

For ages: 0-6 yrs

*** DINNER CONVO STARTERS**

For all ages

*** ATTITUDE OF GRATITUDE BOWL**

For ages: 3+ yrs





I AM

grateful

FOR

(Draw it in the space below!)

Cut and color the cards below. On the back, have your child(ren) write why they are thankful for this person and sign it!



I AM

thankful

FOR YOU!



I AM

thankful

FOR YOU!



I AM

thankful

FOR YOU!



I AM

thankful

FOR YOU!



DINNER CONVO

starters

Get your dinner table full of conversation with these questions! Print out this page, cut out each question, and put one at every person's place setting. Take turns answering your question throughout the dinner! (Don't have a printer? Just write out these questions on scrap paper instead!)

What's your favorite memory from last year?

If you were given \$5,000 right now, how would you spend it?

***Name one thing you're thankful for about every person at the dinner table.
(Including yourself!)***

What is one thing you really want to do in the next two months?

30 years from now, how would you describe your childhood to a 10 year old?

What do you think is the biggest difference between kids and parents?

What is your favorite holiday? Why is it your favorite?

Fall, winter, spring, and summer! Which is your favorite season & why?

Football, basketball, soccer, and baseball! Which is your favorite season & why?

**Walk a mile in their shoes! What do you think the holidays are like for:
People who don't get to be with their family? People who are homeless?**

**You get to add a new holiday to the calendar—name it and describe
how to celebrate it!**

**Kids take over Thanksgiving! What do you really want to eat for
Thanksgiving dinner?**

**If you had an unlimited supply of gift cards to share,
which one would help the most people?**

You wake up tomorrow morning suddenly an expert at one thing. What is it?

Share the earliest memory you can remember.

The world would be a better place if everyone would just start _____ !

Who is someone you look up to and respect? Why?

Thinking back on your life, who would you send a "thank you" card to? (Do it!)

People worry too much about what things?

What job do you think is underappreciated?

ATTITUDE OF *Gratitude* BOWL



Gratitude can be a tricky topic to navigate with kids. **But we'll let you in on a little secret: The best way to teach is through example!** Print out this page, cut out each square below, fold them all in half, and put them in a bowl or jar. Over the next month, take turns pulling from the bowl and completing the action on the piece of paper you drew!

Grab 5-10 sticky notes, write out kind notes on them, and place them around the house, on neighbor's cars, or out in public!

Give everyone who's in the house right now a hug and tell them one thing about them that you're thankful for. (If no one's home, do it for everyone who walks in the door today!)

Get a piece of paper and put it on the fridge. Every time you pass by it today, write down one thing you're thankful for! (Encourage others to add to it, too!)

Write a letter to a friend, family member, or neighbor sharing what you're thankful for about that person and the relationship you have with them.

Hide a hand-written note in one of your family member's belongings for them to find today. (Backpack, lunchbox, under their pillow, etc.)

Find out the whole family's favorites! Ask each family member what their favorite color, candy, food, season, holiday, and show/movie is! Even better if you make a note of it to remember for a later date.

**Make a meal/snack/dessert for someone you know would enjoy it.
(Family members, neighbors, friends, bus driver, teachers, etc.)**

Make it your goal to smile at everyone you pass by today!

Create a family gratitude time capsule. Have each family member write down three things they are thankful for and put them all in a jar. Write the current year on the jar and hide in the back of a closet to find years from now!

Find a gratitude rock. Go on an outdoor hunt for a small rock. Keep this rock somewhere you'll see it often. Everytime you see it, pause for a moment and think about one thing you're thankful for.

Pick a time on the clock like 5:00PM or 5:27PM or 8:00AM. Whenever you see it's near the time you picked, PAUSE, and think of 5 things you are grateful for. (Research shows that just doing this impacts your mindset and your happiness.)

Take a few moments to think of someone who doesn't get much thanks or appreciation for what they do. (NOT family members. Think school lunch lady, school janitor.) The next time you see them, give them a heartfelt "thank you."

**NEXT LEVEL: Write them a "thank you" note to go with it.
You. Will. Make. Their. Day.**

Think of the chores that need to be done around your house. Take your pick: Do your chores without being asked. Do something NOT on your chore list without being asked. Do a sibling's chore. (If asked, just say, "It's a small way to show gratefulness.")

Gratitude turns what we have into enough and more.

MELODY BEATTIE



FIND MORE RESOURCES
FOR YOUR FAMILY AT

FIRSTTHINGS.ORG

