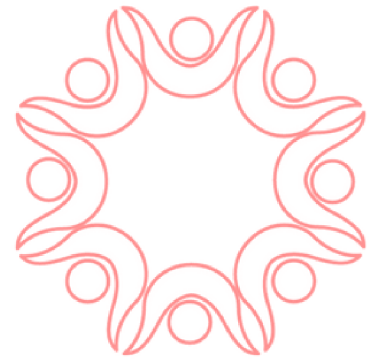


# A Week of Gratitude Prompts for Kids!



*Practice*  
**GRATITUDE**

**Mon:**

Think about your family members. What is something special about each of them that you are grateful for?

**Tue:**

What are your favorite things in your room or at home? Express gratitude for one of your favorite things today.

**Wed:**

Today, take a moment to appreciate nature. What is something in the outdoors that you are thankful for?

**Thu:**

Reflect on acts of kindness you've experienced or witnessed today. What made you feel happy or thankful?

**Fri:**

Consider your friends and what makes each one special. Write a thank-you note or draw a picture for a friend, expressing why you appreciate them.

**Sat:**

Reflect on the week and think about the positive moments you are grateful for. Set an intention for the upcoming week, focusing on gratitude and kindness.

**Sun:**

Think about a hobby or activity you enjoy doing. Express gratitude for the joy this hobby brings to your life. What do you love about it?