

# GRATITUDE CALENDAR for KIDS!



Use this calendar as a means for practicing gratitude... for something each day.

For every week there's a theme with a larger task on Sunday, small challenges throughout the week, and ending with a reflection on Saturday.



## RSWR

| Theme                                                                                                            | Sunday                                                                                                                                                         | Monday                                                                                                                                                | Tuesday                                                                                                                                                | Wednesday                                                                                                                                                          | Thursday                                                                                                                                                                         | Friday                                                                                                                                                        | Saturday                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>YOU!</b><br><br><b>COMMUNITY</b><br><br><b>MATERIAL NEEDS</b><br><br><b>WIDER SOCIETY</b><br><br><b>EARTH</b> | <b>...for learning and education.</b><br>Spend 30 minutes doing something you are learning.                                                                    | <b>...for your feelings.</b><br>Tell someone what you are feeling.                                                                                    | <b>...for mental clarity.</b><br>Spend 10 minutes sitting quietly.  | <b>...for joy!</b><br>Tell someone what you're excited about.                                                                                                      | <b>...for challenges.</b><br>What was a hard project or conversation that helped you learn?                                                                                      | <b>...for role models.</b><br>Who is someone that you've learned from? Thank them.                                                                            | <b>Reflection:</b><br>Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life? |
|                                                                                                                  | <b>...for friends.</b><br>Talk to a friend you haven't talked to in a while.  | <b>...for fun and health.</b><br>Play a game with someone.                                                                                            | <b>...for humour and laughter.</b><br>What's a recent joke or funny meme you've seen? Share it with someone who you know will laugh.                   | <b>...for family.</b><br>Tell a family member or someone who feels like family why they are important to you.                                                      | <b>...for music.</b><br>Sing a song with someone (or to someone who wants to hear you sing).  | <b>...for the ability to exercise.</b><br>Do something active with friends.                                                                                   | <b>Reflection:</b><br>Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life? |
|                                                                                                                  | <b>...for shelter.</b><br>Invite someone to your home for a visit or an overnight.                                                                             | <b>...for running water.</b><br>When did you use water yesterday? What would your life be like if you couldn't turn on the faucet?                    | <b>...for transportation.</b><br>How do you get places? What if you had fewer choices about how to travel?                                             | <b>...for electricity.</b><br>How did you use electricity yesterday? What would your life be like without electricity?                                             | <b>...for healthy and nourishing food.</b><br>Help prepare a favorite meal with family.                                                                                          | <b>...heat and air conditioning.</b><br>Do you have heat in the winter? Air conditioning in the summer? What if you didn't?                                   | <b>Reflection:</b><br>Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life? |
|                                                                                                                  | <b>...for the global community.</b><br>Learn about people in another country. What is similar to your life? What is different?                                 | <b>...for civil servants.</b><br>Tell your mail carrier thank you – or write them a note.                                                             | <b>...for the wisdom of age.</b><br>Tell someone who is a lot older than you how they have helped you or what you admire about them.                   | <b>...for the next younger ones.</b><br>Tell someone who is younger than you how they have helped you or what you like about them.                                 | <b>...for kindness.</b><br>Think of something kind that someone has done for you. Do something kind for someone else.                                                            | <b>...for audio and video calls.</b><br>Who do you talk with by phone or computer that you don't usually see in person?                                       | <b>Reflection:</b><br>Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life? |
|                                                                                                                  | <b>...for a clean environment.</b><br>Go with your family to pick up trash on a walk together.                                                                 | <b>...for nature.</b><br>What is one thing/being you appreciate in nature (a tree, an animal, a river, etc.)? Do something good for that thing/being. | <b>...for reuse opportunities.</b><br>Instead of throwing something away, find someone who wants it OR find a different way to use it.                 | <b>...for sunsets.</b><br>Go outside and watch the sunset with someone else.  | <b>...for the seasons.</b><br>Tell someone what you like about the current season.                                                                                               | <b>...for fresh food.</b><br>What's your favorite fruit or vegetable? Imagine and appreciate all the people who helped grow it and help get it to your house. | <b>Reflection:</b><br>Over the course of the past week, how does gratitude change your perspective on the choices you're making in your life? |