

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