

Gratitude Curriculum

Engage with gratitude together through a variety of activities, queries, and readings. With themes that complement the gratitude calendars (explore the [Children's Gratitude Calendar](#) and the [Adult Gratitude Calendar](#)), join in community to nurture joy in what we can be thankful for, and also to wonder what gratitude asks of us.

Gratitude for Yourself

[Adults](#)
[Children](#)

Gratitude for the Human Family

[Adults](#)
[Children](#)

Gratitude for Community

[Adults](#)
[Children](#)

Gratitude for Earth

[Adults](#)
[Children](#)