

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