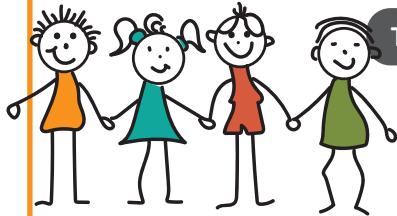


GRATITUDE CALENDAR for KIDS!



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